

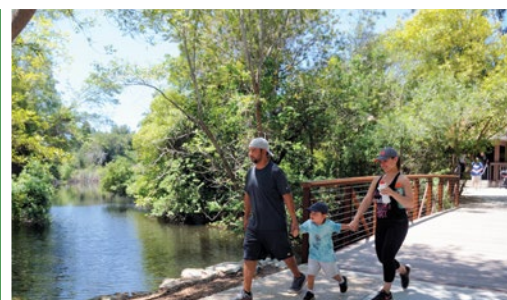
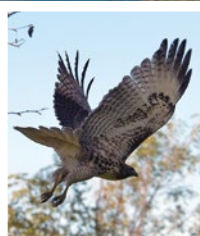
long beach
SPRING
2019

RECREATION

CONNECTION

March–May 2019 • Class Registration Begins Feb 4

El Dorado Nature Center
50 Year Anniversary • 1969-2019



Rediscover and Reconnect; Nature Centered For 50 Years

IN JUNE OF 1969, THE GATES OF EL DORADO NATURE CENTER OPENED TO THE PUBLIC. Created to provide open space recreational opportunities, the Center has become so much more over the past 50 years. As the habitat flourished, so did the wildlife.

As home to over 175 different bird species, El Dorado Nature Center continues to be one of Southern California's premier birding destinations. Educational programs held in the center have sparked the curiosity of hundreds of thousands of school-aged children, and provided hands-on learning outdoors. Countless families, adults and seniors have walked miles on the trails reconnecting with nature, and have become stewards of the land and all that it provides. Join us this year as we usher in a new generation of life and learning on the trails, and ask yourself, "Are you Nature Centered?"



50th Anniversary Activities Begin
June 21, 2019

SUMMER DAY CAMPS

online registration starting Saturday, April 13 at 8 a.m.

Ages 5-12 • M-F 9 a.m.-4 p.m. • June 17-August 23

Extended hours are available for an additional fee.

Field trips are an additional cost.

Aquatics Day Camps

Belmont Junior Beach Camp Ages 5-7 • \$158

Bayshore Beach Camp Ages 8-12 • \$158

Bay Club Teen Camp Ages 13-15 • \$123

Counselor In Training Camp Ages 14-17 • \$310
562.570.1888

High Five Sports Camp

Fees: visit www.LBParks.org
Pan America 562.570.1660

Pee Wee Camp

Fees: visit www.LBParks.org
Ages 5-8
Wardlow 562.570.1705

Park Day Camp

Fees: visit www.LBParks.org
El Dorado West 562.570.3225
Silverado 562.570.1675
Stearns Champions Creative
Arts Camp 562-570.1685
Veterans 562.570.1695

Music and Arts Camp

Fees: visit www.LBParks.org
Whaley Park 562.570.1710
online registration strongly
recommended

Visit: www.lbparks.org

Parks, Recreation and Marine thanks the following people for their support:

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Long Beach Parks, Recreation and Marine prohibits discrimination on the basis of race, color, national origin, age and disability in all of its programs.

CITY OF LONG BEACH

Department of Parks, Recreation & Marine

2760 North Studebaker Road
Long Beach, CA 90815-1697
(562) 570-3100 • Fax (562) 570-3109
e-mail: LBParks@longbeach.gov
web: www.LBParks.org



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About the cover: 2019 marks the 50th Anniversary of El Dorado Nature Center. Called "an island of serenity in the midst of a busy urban landscape," the Nature Center connects people with the natural world through programs and opportunities to experience wildlife and nature. See pages 2, 42 and 43 for more information.

The information in this publication is available in an alternative format by request 48 hours prior to the event to Jane Grobaty at (562) 570-3232. The City of Long Beach intends to provide reasonable accommodations in accordance with the Americans with Disabilities Act of 1990.

All Programs and Prices Are Subject To Change

To view this publication in Spanish, Khmer or Tagalog, visit www.lbparks.org.
Para ver esta publicación en Español, Khmer o Tagalo, visite www.lbparks.org.
“ដើម្បីមើលផែនការសកម្មភាព ឬព័ត៌មានផ្សេងៗទៀត សូមទៅកាន់ www.lbparks.org”
“Upang makita ang publication na ito sa Spanish, Khmer o Tagalog, bisitahin ang www.lbparks.org.”

To opt out of receiving this “Recreation Connection” publication, please e-mail your name and mailing address to: lbparks@longbeach.gov. Visit www.lbparks.org to access the publication.

**Long Beach Parks
are Smoke Free**



PRESCHOOL CLASSES

Preschool classes give children as young as six months old to those about to start school opportunities to learn new skills in a fun, nurturing social setting. Register early for classes.

COOKING



LIL' SPROUTS PRESCHOOL COOKING CLASS

Don't think your toddler can cook? Think again! We've got fun, age-appropriate classes bursting with hands-on activities, healthy concept learning through games and empowering your little one to create their own special healthy snacks. Classes are theme-based. Great introduction to the Five Food Groups. Food and material fee: \$32.

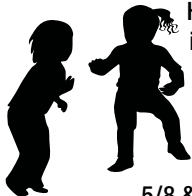
A Yummy Future

30889	2-6 Yrs	3/2-3/23	11:30 a.m.-12:15 p.m.	Sa	\$115
30886	2-6 Yrs	4/6-4/27	11:30 a.m.-12:15 p.m.	Sa	\$115
30887	2-6 Yrs	5/4-5/25	11:30 a.m.-12:15 p.m.	Sa	\$115

El Dorado Park West

DANCE

BABY DANCE



Help your baby develop a love for music and dance in a fun, silly and friendly environment. We will sing songs, dance and play with instruments and the parachute and much more! This class helps to develop important socialization and gross motor skills while you bond with your little one. *No class: 5/7, 5/8 & 5/11.

Megan Kalscheuer

31340	4 Mos-1 Yr 5 Mos	3/19-4/9	10-10:45 a.m.	Tu	\$50
31122	4 Mos-1 Yr 5 Mos	3/20-4/10	10-10:45 a.m.	W	\$50
31124	4 Mos-1 Yr 5 Mos	3/23-4/13	10-10:45 a.m.	Sa	\$50
31341	4 Mos-1 Yr 5 Mos	4/30-6/4*	10-10:45 a.m.	Tu	\$50
31123	4 Mos-1 Yr 5 Mos	5/1-6/5*	10-10:45 a.m.	W	\$50
31125	4 Mos-1 Yr 5 Mos	5/4-6/8*	10-10:45 a.m.	Sa	\$50

Whaley Park

DANCE FOR FUN

Come bond with your little one and help your child to create a love for music and dance while developing their gross motor skills in a creative, fun and friendly environment. Sing, dance, play with instruments and much more! Simple dance moves are taught to help guarantee your child's success. *No class: 5/7, 5/8 & 5/11.

Megan Kalscheuer

31338	1 Yr 6 Mos-4 Yrs	3/19-4/9	9-9:45 a.m.	Tu	\$50
31126	1 Yr 6 Mos-4 Yrs	3/20-4/10	9-9:45 a.m.	W	\$50
31128	1 Yr 6 Mos-4 Yrs	3/23-4/13	9-9:45 a.m.	Sa	\$50
31339	1 Yr 6 Mos-4 Yrs	4/30-6/4*	9-9:45 a.m.	Tu	\$50
31127	1 Yr 6 Mos-4 Yrs	5/1-6/5*	9-9:45 a.m.	W	\$50
31129	1 Yr 6 Mos-4 Yrs	5/4-6/8*	9-9:45 a.m.	Sa	\$50

Whaley Park

HIP HOP TOTS

Time to dance our best moves in this fun fast paced class! Little dancers will learn skills needed to dance a hip hopp'n bopp'n routine to their favorite songs. Tennis shoes best for class. For more information, visit: www.annepennypackerdance.com.

Anne Pennypacker

31288	2 Yrs 6 Mos-5 Yrs	3/26-4/16	4-4:30 p.m.	Tu	\$57
31289	2 Yrs 6 Mos-5 Yrs	4/30-5/28	4-4:30 p.m.	Tu	\$67

Recreation Park

MUSICAL MINIS

Dance and sing on a star. This theatre class will take dancers far! Little performers will learn song and dance from various musicals that audiences will love! Tennis shoes best for class. For more information visit: www.annepennypackerdance.com.

Anne Pennypacker

31296	2 Yrs 6 Mos-5 Yrs	3/26-4/16	6-6:30 p.m.	Tu	\$57
31297	2 Yrs 6 Mos-5 Yrs	4/30-5/28	6-6:30 p.m.	Tu	\$67

Recreation Park

PETIT BALLET

Bonjour Tiny Dancers! Join in a magical adventure into the world of ballet: pliés, sautés, chassés and more. Little ballerinas will be fairy tale dancers as they learn the importance of pointing their toes! Class held at Marina Community Center, 151 Marina Dr., Seal Beach or Los Alamitos Community Center, 10911 Oak St., Los Alamitos.

Anne Pennypacker

31322	2 Yrs 6 Mos-5 Yrs	3/27-4/17	6-6:30 p.m.	W	\$57
31323	2 Yrs 6 Mos-5 Yrs	5/1-5/29	6-6:30 p.m.	W	\$67

Marina Community Center

Anne Pennypacker

31324	2 Yrs 6 Mos-5 Yrs	3/29-4/19	4:30-5 p.m.	F	\$57
31325	2 Yrs 6 Mos-5 Yrs	5/3-5/31	4:30-5 p.m.	F	\$67

Los Alamitos Community Center



PRE-BALLET AND CHARACTER CLASS

Your child will learn the very basic beginning positions and movements for their level. We will glide ballet steps together while pretending to be different ballet characters, such as Cinderella, Sleeping Beauty, floating fairies and more. A very creative and magical class. For more information please visit: www.evelyngrauten.com.

Evelyn Grauten

31010	2 Yrs 6 Mos-6 Yrs	3/8-4/5	11-11:45 a.m.	F	\$45
31011	2 Yrs 6 Mos-6 Yrs	5/3-5/31	11-11:45 a.m.	F	\$45

Recreation Park



TIARAS AND TUTUS

Pretend to be your favorite princess in this magical introduction to dance, waltz steps and more! Dancers will sing and dance lovable memorable songs in this adorable class. We will create our own tiaras to wear at session's end! Material fee: \$5 due at first class. *No class: 5/27. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos.

Anne Pennypacker		Los Alamitos Community Center			
31328	2 Yrs 6 Mos-5 Yrs	3/25-4/15	6-6:30 p.m.	M	\$57
31329	2 Yrs 6 Mos-5 Yrs	4/29-6/3*	6-6:30 p.m.	M	\$67

ENRICHMENT

AMIGOS

A natural next step for Amiguitos participants, but not required. This class includes the calendar, pre math/reading and conversational skill-building activities. Kids help with storytelling and each session offers different experiences. Parent participation is optional. For more information please visit: www.BamboleoKids.com. Material fee: \$30 (\$15 per sibling) includes crafts, books and audio CD.

Priscilla Monserrate-Sanders		Heartwell Park			
31343	4-6 Yrs	3/2-4/6	11:30 a.m.-12:30 p.m.	Sa	\$80
31344	4-6 Yrs	4/27-6/1	11:30 a.m.-12:30 p.m.	Sa	\$80

BAMBOLEO AMIGUITOS

Vamos a jugar! Let's play! Children are immersed in the Spanish language via a unique style of storytelling, music and movement, games, role-play and art. Material fee: \$30 (\$15 per sibling) includes crafts For more information please visit: www.bamboleokids.com.

Susana Paniagua		Heartwell Park			
31177	2-4 Yrs	3/5-4/9	10:15-11:15 a.m.	Tu	\$80
31178	2-4 Yrs	4/23-5/28	10:15-11:15 a.m.	Tu	\$80
31179	2-4 Yrs	3/7-4/11	10:15-11:15 a.m.	Th	\$80
31180	2-4 Yrs	4/25-5/30	10:15-11:15 a.m.	Th	\$80
31181	2-4 Yrs	3/8-4/12	10:15-11:15 a.m.	F	\$80
31182	2-4 Yrs	4/26-5/31	10:15-11:15 a.m.	F	\$80

Priscilla Monserrate-Sanders		Heartwell Park			
31345	2-4 Yrs	3/2-4/6	10:15-11:15 a.m.	Sa	\$80
31346	2-4 Yrs	4/27-6/1	10:15-11:15 a.m.	Sa	\$80

BAMBOLEO BEBE

Wee ones will wiggle, jiggle and delight in the rhythms and sounds of the Spanish language through music and movement, parachute play and many more age-appropriate games. For more information please visit: www.bamboleokids.com. Material fee: \$10 due to instructor.

Priscilla Monserrate-Sanders		Heartwell Park			
31347	10 Mos-1 Yrs	3/2-4/6	9-10 a.m.	Sa	\$80
31348	10 Mos-1 Yrs	4/27-6/1	9-10 a.m.	Sa	\$80

FUN ON THE FARM

This is a get down on the ground type of class. Introducing children and their parents to farm animals: geese, ducks, cows, horses, goats, bunnies and more. We sing songs, make a fun farm craft and ride a pony each week. Parent participation is required. Please wear closed toe shoes (riding boots are best), long pants and bring a helmet. No unregistered siblings. Material fee: \$25. Class held at the El Rodeo Stables, 4449 Carbon Canyon Rd., Brea.

Fun With Horses		El Rodeo Stables			
31018	2-6 Yrs	3/1-3/22	11 a.m.-noon	F	\$85
31019	2-6 Yrs	3/29-4/19	11 a.m.-noon	F	\$85
31020	2-6 Yrs	5/3-5/24	11 a.m.-noon	F	\$85

PARENT & ME PRE-K READINESS

Kids and parents will have fun in this class blending audio, visual and kinesthetics to maximize learning. The program incorporates letter and number recognition, fine motor skills, phonics, math and outdoor games and play specifically designed for children in this age group. Material fee: \$20. Adult participation is required. Space is limited. *No class: 4/23 & 4/25.

Readwrite Educational Solution Inc.		Bixby Knolls Park			
31390	2-3 Yrs	3/5-3/28	8:45-10:15 a.m.	Tu Th	\$145
31391	2-3 Yrs	4/2-5/2*	8:45-10:15 a.m.	Tu Th	\$145
31392	2-3 Yrs	5/7-5/30	8:45-10:15 a.m.	Tu Th	\$145
31393	2-3 Yrs	3/5-3/28	10:30 a.m.-noon	Tu Th	\$145
31394	2-3 Yrs	4/2-5/2*	10:30 a.m.-noon	Tu Th	\$145
31395	2-3 Yrs	5/7-5/30	10:30 a.m.-noon	Tu Th	\$145

READING, MATH AND MORE PRESCHOOL

Be ready for kindergarten! Kids and parents will have fun blending audio, visual and kinesthetic learning styles to maximize learning. We incorporate phonics, individualized leveled reading, math and spelling instruction specifically designed for preschoolers. Parent participation is required. For more information call: 949-263-0633. Program and material fee: \$20. Class held at Long Beach Community Resource Center, 5365 E. 2nd St., Long Beach. *No class: 4/22, 4/24 & 5/27.

Readwrite Educational Solution Inc.		LB Community Center			
31369	4 Yrs 6 Mos-5 Yrs	3/4-3/27	2:40-3:25 p.m.	M W	\$79
31370	4 Yrs 6 Mos-5 Yrs	4/1-5/1*	2:40-3:25 p.m.	M W	\$79
31371	4 Yrs 6 Mos-5 Yrs	5/6-6/3*	2:40-3:25 p.m.	M W	\$79

READWRITE KINDER PREP

Be ready for kindergarten, academically and socially. This well-rounded, individualized program incorporates letter and number recognition, phonics (for reading and spelling), math, science, and fine motor skills (for writing). We reinforce a positive self-image with fun and engaging activities that stimulate creativity through art projects and music time. Children must be toilet trained. Bring a healthy snack. Parent participation required 2 days per session. Material fee: \$40. *No class: 4/19, 4/22, 4/24, 4/26 & 5/27.

Readwrite Educational Solution Inc.		Bixby Knolls Park			
31396	4-5 Yrs 6 Mos	3/4-3/29	9 a.m.-noon	M W F	\$215
31397	4-5 Yrs 6 Mos	4/1-5/3*	9 a.m.-noon	M W F	\$199
31398	4-5 Yrs 6 Mos	5/6-5/31*	9 a.m.-noon	M W F	\$199

MUSIC

KIDS LOVE MUSIC: BABIES!

Musical bonding time for you and your baby (not yet walking). Learn lap songs, peek-a-boo songs and active chants. Explore rhythm and sound with shakers and drums. Your baby gains motor skills, building blocks for tonal memory, cognitive development-and fun with you! Please bring a baby blanket. Adult participation required. Some materials available for purchase. Questions: info@kidslovemusic.net. Class held at Mae Boyar Park, 6701 Del Amo Blvd., Lakewood.

Karen Greeno		Mae Boyar Park			
31082	4 Mos-1 Yr 3 Mos	4/1-4/22	3:30-4 p.m.	M	\$56

KIDS LOVE MUSIC: TODDLERS!

A good class for first-timers! Sing, dance and play rhythm instruments with your child. Explore making music with drums, xylophones and glockenspiels. Your child gains tonal memory, motor skills, cognitive development and fun with you! Adult participation is required. Some materials are available for purchase. Questions: info@kidslovemusic.net. Class held at Mae Boyar Park, 6701 Del Amo Blvd., Lakewood.

Karen Greeno		Mae Boyar Park	
31083	1-2 Yrs	4/1-4/22	4:15-4:45 p.m. M \$56

KIDS LOVE MUSIC!

Come sing, dance and play with your child! Spark your child's imagination with puppets and rhythm instruments. Explore making music with drums, xylophones and glockenspiel! Your child gains tonal memory, motor skills, cognitive development all while bonding with you. Adult participation required. Some materials are available for purchase, up to \$20. Questions: info@kidslovemusic.net. Class held at Mae Boyar Park, 6701 Del Amo Blvd., Lakewood.

Karen Greeno		Mae Boyar Park	
31081	1-4 Yrs	4/1-4/22	5-5:45 p.m. M \$56

LITTLE MUSIC MAKERS

A great introduction to making music! Through songs, drum circles and inventive musical activities, your child will develop an understanding for the components of music: rhythm, melody and imagination. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach.

Jammin' Music Inc.		Jammin' Music and Arts	
31059	2 Yrs 6 Mos-5 Yrs	3/8-4/12	10-10:45 a.m. F \$85
31061	2 Yrs 6 Mos-5 Yrs	3/9-4/13	10-10:45 a.m. Sa \$85
31060	2 Yrs 6 Mos-5 Yrs	5/3-6/7	10-10:45 a.m. F \$85
31062	2 Yrs 6 Mos-5 Yrs	5/4-6/8	10-10:45 a.m. Sa \$85



MELODY TIME

Parent and child make music together in this fun and interactive class! Sing songs, play simple instruments from around the world and enjoy drum circle time. Creative music activities help speech development, motor skills and listening and concentration skills. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach.

Jammin' Music Inc.		Jammin' Music and Arts	
31063	1-2 Yrs	3/8-4/12	9-9:45 a.m. F \$75
31064	1-2 Yrs	5/3-6/7	9-9:45 a.m. F \$75

MUSIC AND MOVEMENT

Designed to provide a positive, challenging learning environment for children to blossom musically and personally. Children participate in musical games, singing, dancing, listening and playing instruments. Program combines elements of Orff-Schulwerk and Kodaly methods with traditional philosophies of musical education.

Danuta Klimczak		College Estates Park	
30946	1 Yr 8 Mos-2 Yrs 9 Mos	3/13-4/10	10-10:50 a.m. W \$69
30947	2 Yrs 9 Mos-4 Yrs	3/13-4/10	11:15-12:05 p.m. W \$69
30948	1 Yrs 8 Mos-2 Yrs 9 Mos	5/1-6/5	10-10:50 a.m. W \$82
30949	2 Yrs 9 Mos-4 Yrs	5/1-6/5	11:15-12:05 p.m. W \$82

SPORTS

B-BALLERS HOOP SCHOOL - LITTLE BALLERS

Coach Greg and staff will help your preschooler develop confidence through learning the basketball fundamentals of dribbling, passing, shooting and footwork. Parents are required to assist with the fun and age appropriate drills. *Note: Each class will be 15 minutes longer to make up for no class. Please bring a small basketball and water. Material fee: \$20. Class held at Newcomb Academy, 3351 Val Verde Ave., Long Beach. *No class: 3/23 & 5/25.

B-Ballers Hoop School		Newcomb Academy	
30911	3-5 Yrs	3/9-3/30*	11 a.m.-noon Sa \$75
30912	3-5 Yrs	4/6-4/27	11 a.m.-noon Sa \$75
30913	3-5 Yrs	5/4-5/18*	11 a.m.-noon Sa \$75

B-BALLERS HOOP SCHOOL - LITTLE BALLERS NEXT LEVEL

The players are taken to the "Next Level" by learning the basketball fundamentals of dribbling, passing, shooting and footwork without parents by their side. At this level, the concept of teamwork is introduced through fun partner and group activities. Players will also play games with and against each other to develop their skills. *Note: Each class will be 15 minutes longer to make up for no class. Please bring a small basketball and water. Material fee: \$20. Class held at Newcomb Academy, 3351 Val Verde Ave., Long Beach. *No class: 3/23 & 5/25.

B-Ballers Hoop School		Newcomb Academy	
30914	3-5 Yrs	3/9-3/30*	12:30-1:30 p.m. Sa \$90
30915	3-5 Yrs	4/6-4/27	12:30-1:30 p.m. Sa \$90
30916	3-5 Yrs	5/4-5/18*	12:30-1:30 p.m. Sa \$90

D-UP TINY BALLERS

D-Up Tiny Ballers is an introductory to the fundamentals of basketball and will focus on basic dribbling, passing, shooting and hand-eye coordination. Children will play games while learning the game of basketball. We will have player(s) of the week and give out prizes! Children should bring their own basketball and water to each session. Material fee: \$20. *No class: 4/21.

James Christian		Pan American Park	
31049	3-6 Yrs	3/3-3/31	11-11:45 a.m. Su \$60
31050	3-6 Yrs	4/14-5/19*	11-11:45 a.m. Su \$60

MINI-HAWK MULTI-SPORT

Introduce your little superstar to sports in our most popular program! This baseball, basketball and soccer class uses age-appropriate games and activities to explore balance, hand/eye coordination, and skill development. Parent participation is required for younger ages.

Skyhawks Sports Academy		Marina Vista Park	
31174	2-3 Yrs 6 Mos	4/2-5/28	3:30-4 p.m. Tu \$155
31175	3 Yrs 6 Mos-4 Yrs	4/2-5/28	4:15-5 p.m. Tu \$155

INTRO TO SPORTS

Here is a great chance for kids to play their favorite sports all at one class. This program is designed to motivate children to be active and healthy while giving them the fundamental skills needed to succeed and grow in whichever sport they choose. Every child will be given a camp shirt.

TriFytt Sports

31202	2-3 Yrs	3/2-3/30	9-9:30 a.m.	Sa	\$79
31210	1 Yr 6 Mos-2 Yrs	3/2-3/30	9:30-10 a.m.	Sa	\$79
31211	3-5 Yrs	3/2-3/30	10-10:45 a.m.	Sa	\$79
31212	2-3 Yrs	4/13-5/18	9-9:30 a.m.	Sa	\$79
31213	1 Yr 6 Mos-2 Yrs	4/13-5/18	9:30-10 a.m.	Sa	\$79
31214	3-5 Yrs	4/13-5/18	10-10:45 a.m.	Sa	\$79

Bixby Knolls Park

BIDDY SOCCER LEAGUE



Your child will have a great time playing soccer and making new friends while learning the benefits of sportsmanship, sharing and teamwork. The Biddy League is designed to introduce kids to team sports in a fun and exciting environment. Everyone will receive team shirts and a medal. The first week will be practice and team assignments with the remainder of the weeks being games. Game times for 3-5 age group are at 6 p.m. or 7 p.m.

TriFytt Sports

31196	2-3 Yrs	3/1-4/5	4-4:30 p.m.	F	\$79
31197	3-5 Yrs	3/1-4/5	4:30-5:15 p.m.	F	\$79
31198	3-5 Yrs	3/1-4/5	5:15-6 p.m.	F	\$79
31206	2-3 Yrs	4/19-5/17	5:30-6 p.m.	F	\$79
31207	3-5 Yrs	4/19-5/17	6-6:45 p.m.	F	\$79
31208	3-5 Yrs	4/19-5/17	7-7:45 p.m.	F	\$79

Bixby Knolls Park

BIDDY TEE BALL LEAGUE

Your child will have a great time playing tee ball and making new friends while learning the benefits of sportsmanship, sharing and teamwork. The Tee Ball League is designed to introduce kids to team sports in a fun and exciting environment. Everyone will receive a team shirt and medal. The first week will be practice and team assignments with the remainder of the weeks being games.

TriFytt Sports

31199	3-5 Yrs	3/2-3/30	11-11:45 a.m.	Sa	\$79
31200	2-3 Yrs	3/2-3/30	noon-12:30 p.m.	Sa	\$79
31201	3-5 Yrs	4/13-5/18	11-11:45 a.m.	Sa	\$79
31209	2-3 Yrs	4/13-5/18	noon-12:30 p.m.	Sa	\$79

Bixby Knolls Park

PARENT AND ME SOCCER

The fun happens on the field, so don't just watch from the sidelines! You'll participate in fun, age-appropriate activities and help your child to develop their motor and socialization skills. A variety of soccer activities are played each week, adult participation is required. All kids receive a Kidz Love Soccer jersey. *No class: 5/25.

Kidz Love Soccer

31084	2-3 Yrs 6 Mos	4/19-6/7	9:30-10 a.m.	F	\$114
31085	2-3 Yrs 6 Mos	4/19-6/7	5:45-6:15 p.m.	F	\$114
31086	2-3 Yrs 6 Mos	4/20-6/15*	8:45-9:15 a.m.	Sa	\$114
31087	2-3 Yrs 6 Mos	4/20-6/15*	9:20-9:50 a.m.	Sa	\$114

Good Neighbor Park

Kidz Love Soccer

31088	2-3 Yrs 6 Mos	4/20-6/15*	9:30-10 a.m.	Sa	\$114
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College Estates Park

PRE SOCCER

Teaches the basic techniques of the games and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey. *No class: 5/25.

Kidz Love Soccer

31089	4-5 Yrs	4/19-6/7	10:10-10:45 a.m.	F	\$114
31090	4-5 Yrs	4/19-6/7	4:30-5:05 p.m.	F	\$114
31091	4-5 Yrs	4/20-6/15*	10:30-11:05 a.m.	Sa	\$114

Good Neighbor Park

College Estates Park

TEE BALL SKILLZ

Here is a great chance for kids to be introduced to tee-ball in a fun, safe environment while learning the basics of the game. Our tee-ball curriculum is designed for kids to have fun with friends and coaches while fine tuning their motor and socialization skills. Every child will also be given a class t-shirt.

TriFytt Sports

31203	2-3 Yrs	3/25-5/13	5:30-6 p.m.	M	\$109
31204	3-5 Yrs	3/25-5/13	6-6:45 p.m.	M	\$109

Good Neighbor Park

TOT SOCCER



Little tykes will enjoy running and kicking just like the big kids! Encourages large motor skill development through fun soccer games and introduces small children to the group setting. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey. *No class: 5/25.

Kidz Love Soccer

31097	3 Yrs 6 Mos-4 Yrs	4/19-6/7	10:10-10:45 a.m.	F	\$114
31098	3 Yrs 6 Mos-4 Yrs	4/19-6/7	5:05-5:35 p.m.	F	\$114
31099	3 Yrs 6 Mos-4 Yrs	4/20-6/15*	10-10:30 a.m.	Sa	\$114

Good Neighbor Park

College Estates Park

TINY TYKES

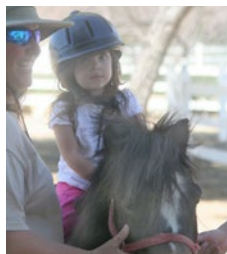
The Tiny Tykes Curriculum makes learning soccer fun! From storytelling, creative games and even music, your child will learn from International Soccer professionals, returning home with feelings of excitement and passion for soccer! All children receive a jersey, shorts and specially designed soccer ball.

Challenger Sports

30923	2-3 Yrs	4/9-5/28	9-9:45 a.m.	Tu	\$109
30924	4-5 Yrs	4/9-5/28	10-10:45 a.m.	Tu	\$109

Wardlow Park

HORSE FUN



Students are taught basic horsemanship, safety, riding, grooming and leading. This class will prepare participants for individual lessons and give them a better sense of horse ownership. Wear closed toe shoes (riding boots are best), long pants, and bring a helmet. Parent participation is required, no unregistered siblings allowed. Material Fee: \$25. Class held at El Rodeo Stables, 4449 Carbon Canyon Rd., Brea.

Fun With Horses

31021	3-6 Yrs	3/2-3/23	10-11 a.m.
31022	3-6 Yrs	3/30-4/20	10-11 a.m.
31027	3-6 Yrs	5/4-5/25	10-11 a.m.

El Rodeo Stables

Sa	\$85
Sa	\$85
Sa	\$85

PARENT AND ME SKATING

Class fee includes skate rentals, half hour of instruction and free practice on your registered class day. Practice times: Th 10:30 a.m.-12:30 p.m. or Sa 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration is required. Class held at The Rinks Lakewood Ice, 3975 Pixie Ave., Lakewood.

Ice Management LLC

31261	3-6 Yrs	3/7-3/28	11:15-11:45 a.m.
31262	3-6 Yrs	3/9-3/30	11:15-11:45 a.m.
31263	3-6 Yrs	4/4-4/25	11:15-11:45 a.m.
31264	3-6 Yrs	4/6-4/27	11:15-11:45 a.m.
31265	3-6 Yrs	5/2-5/23	11:15-11:45 a.m.
31266	3-6 Yrs	5/4-5/25	11:15-11:45 a.m.

The Rinks Lakewood Ice

Th	\$45
Sa	\$45
Th	\$45
Sa	\$45
Th	\$45
Sa	\$45



TOT BEGINNING ICE SKATING

Class fee includes skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: Wed 7:10-7:40 p.m., Th 3-5:30 p.m. or Sa 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration required. Class held at The Rinks Lakewood Ice, 3975 Pixie Ave., Lakewood.

Ice Management LLC

31267	3-6 Yrs	3/6-3/27	6:10-6:40 p.m.	W	\$45
31268	3-6 Yrs	3/7-3/28	4-4:30 p.m.	Th	\$45
31269	3-6 Yrs	3/9-3/30	10:15-10:45 a.m.	Sa	\$45
31270	3-6 Yrs	4/3-4/24	6:10-6:40 p.m.	W	\$45
31271	3-6 Yrs	4/4-4/25	4-4:30 p.m.	Th	\$45
31272	3-6 Yrs	4/6-4/27	10:15-10:45 a.m.	Sa	\$45
31273	3-6 Yrs	5/1-5/22	6:10-6:40 p.m.	W	\$45
31274	3-6 Yrs	5/2-5/23	4-4:30 p.m.	Th	\$45
31275	3-6 Yrs	5/4-5/25	10:15-10:45 a.m.	Sa	\$45

The Rinks Lakewood Ice

W	\$45
Th	\$45
Sa	\$45
W	\$45
Th	\$45
Sa	\$45
W	\$45
Th	\$45
Sa	\$45

TOT ICE HOCKEY

Prerequisite: four weeks in Beginning Ice Skating and upon evaluation and approval. Learn basic skills necessary to play ice hockey. No sticks or pucks yet. Class fee includes skate rentals, half hour of instruction and free practice session on your registered class day. Practice session time: Th 3-5:30 p.m. or Sa 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration is required. Class held at The Rinks Lakewood Ice, 3975 Pixie, Ave., Lakewood.

Ice Management LLC

31276	3-6 Yrs	3/7-3/28	5:30-6 p.m.
31277	3-6 Yrs	3/9-3/30	10:15-10:45 a.m.
31278	3-6 Yrs	4/4-4/25	5:30-6 p.m.
31279	3-6 Yrs	4/6-4/27	10:15-10:45 a.m.
31280	3-6 Yrs	5/2-5/23	5:30-6 p.m.
31281	3-6 Yrs	5/4-5/25	10:15-10:45 a.m.

The Rinks Lakewood Ice

Th	\$45
Sa	\$45
Th	\$45
Sa	\$45
Th	\$45
Sa	\$45



TINY TUMBLERS - PARENT AND ME GYMNASTICS I

A parent and me program for developing toddlers motor skills and body awareness. Kids will be introduced to all gymnastic equipment, along with movement to music, parachutes, puppets and more. Your child must be able to walk. *No class: 4/23 & 4/24.

Aerial Butterflies LLC

31231	9 Mos-2 Yrs	6 Mos	3/2-3/30	9:30-10:15 a.m.	Sa	\$60
31228	9 Mos-2 Yrs	6 Mos	3/5-3/26	10-10:45 a.m.	Tu	\$60
31438	9 Mos-2 Yrs	6 Mos	3/6-3/27	10-10:45 a.m.	W	\$60
31229	9 Mos-2 Yrs	6 Mos	4/2-4/30*	10-10:45 a.m.	Tu	\$60
31439	9 Mos-2 Yrs	6 Mos	4/3-4/17*	10-10:45 a.m.	W	\$45
31232	9 Mos-2 Yrs	6 Mos	4/6-4/27	9:30-10:15 a.m.	Sa	\$60
31440	9 Mos-2 Yrs	6 Mos	5/1-5/29	10-10:45 a.m.	W	\$60
31233	9 Mos-2 Yrs	6 Mos	5/4-5/25	9:30-10:15 a.m.	Sa	\$60
31230	9 Mos-2 Yrs	6 Mos	5/7-5/28	10-10:45 a.m.	Tu	\$60

Wardlow Park

Sa	\$60
Tu	\$60
W	\$60
Tu	\$60
W	\$45
Sa	\$60
W	\$60
Sa	\$60
Tu	\$60

TINY TUMBLERS - PARENT AND ME GYMNASTICS II

A parent and me program for developing toddlers motor skills and body awareness. Kids will be introduced to all gymnastic equipment, along with movement to music, parachutes, puppets and more. Your child must be able to walk.*No class: 4/23 & 4/24.

Aerial Butterflies LLC

31234	2 Yrs	6 Mos-4 Yrs	3/2-3/30	10:20-11:05 a.m.	Sa	\$60
31237	2 Yrs	6 Mos-4 Yrs	3/5-3/26	10:50-11:35 a.m.	Tu	\$60
31441	2 Yrs	6 Mos-4 Yrs	3/6-3/27	10:50-11:35 a.m.	W	\$60
31238	2 Yrs	6 Mos-4 Yrs	4/2-4/30*	10:50-11:35 a.m.	Tu	\$60
31442	2 Yrs	6 Mos-4 Yrs	4/3-4/17*	10:50-11:35 a.m.	W	\$45
31235	2 Yrs	6 Mos-4 Yrs	4/6-4/27	10:20-11:05 a.m.	Sa	\$60
31443	2 Yrs	6 Mos-4 Yrs	5/1-5/29	10:50-11:35 a.m.	W	\$60
31236	2 Yrs	6 Mos-4 Yrs	5/4-5/25	10:20-11:05 a.m.	Sa	\$60
31239	2 Yrs	6 Mos-4 Yrs	5/7-5/28	10:50-11:35 a.m.	Tu	\$60

Wardlow Park

Sa	\$60
Tu	\$60
W	\$60
Tu	\$60
W	\$45
Sa	\$60
W	\$60
Sa	\$60
Tu	\$60

YOUTH CLASSES

As children grow, so do their interests. Parks, Recreation and Marine has classes that will keep your youngster engaged and having fun while enhancing their abilities in music, dancing, acting, math and reading, or staying fit with a variety of fitness and sport offerings such as yoga, martial arts and gymnastics.

CAMPS

SUPER HERO ENGINEERING USING LEGO MATERIALS

Save the world with Super Heroes! Build the hideouts and vehicles of your favorite caped crusaders and learn what makes them not only Super Heroes, but Super Hero Engineers! An experienced Play-Well instructor guides young heroes as they design, build and save a city where ingenuity and imagination can solve any conflict.

Play-Well TEKnologies

College Estates Park

31342 6-10 Yrs 4/22-4/26 1:30-4:30 p.m. M Tu W Th F \$175

COOKING

BASIC COOKING FOR KIDS

Kids will love this fun class where they can create their own delicious baked masterpiece, discover new ingredients and learn the fundamentals of baking. Please note any food allergies. Bring an apron, set of measuring cups and spoons, and food storage container for leftovers. Food/material fee: \$40.

A Yummy Future

El Dorado Park West

30884	7-12 Yrs	3/2-3/23	1-2:15 p.m.	Sa	\$115
30885	7-12 Yrs	4/6-4/27	1-2:15 p.m.	Sa	\$115
30888	7-12 Yrs	5/4-5/25	1-2:15 p.m.	Sa	\$115

DANCE

BALLET/TAP COMBO

An introduction to ballet and tap fundamentals, as well as proper form and technique. Great for the beginner to intermediate dancer achieving proper body placement, basic concept, turns and leaps while learning fun routines to perform. Tap and ballet shoes recommended. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos or Marina Community Center, 151 Marina Dr., Seal Beach. *No class: 5/27.

Anne Pennypacker

Los Alamitos Community Center

31316	5-10 Yrs	3/25-4/15	3-3:45 p.m.	M	\$57
31317	5-10 Yrs	4/29-6/3*	3-3:45 p.m.	M	\$67

Anne Pennypacker

Marina Community Center

31318	5-10 Yrs	3/27-4/17	3-3:45 p.m.	W	\$57
31319	5-10 Yrs	5/1-5/29	3-3:45 p.m.	W	\$67

CHILDREN & YOUTH DANCE WORKSHOP

Tap, ballet and contemporary dance. Basic 1-3 mixed level class includes barre and center technique. Learn 8 count combinations to work toward routine. Tap shoes (most sizes) available for loan at class. Class held at the Long Beach Dance Academy, 727 South St., Long Beach.

Joaquin Feliciano

Long Beach Dance Academy

31072	4-10 Yrs	3/2-3/23	10:30-11:30 a.m.	Sa	\$40
31069	11-16 Yrs	3/2-3/23	11:30-12:30 p.m.	Sa	\$40
31073	4-10 Yrs	4/6-4/27	10:30-11:30 a.m.	Sa	\$40
31070	11-16 Yrs	4/6-4/27	11:30-12:30 p.m.	Sa	\$40
31074	4-10 Yrs	5/4-5/18	10:30-11:30 a.m.	Sa	\$30
31071	11-16 Yrs	5/4-5/18	11:30-12:30 p.m.	Sa	\$30

HIP HOP

A fast paced class to get dancers on their feet and groovin'! Students will learn street style dance and a funky hip hop routine. Always fresh choreography each session. At session's end we'll perform a show. Tennis shoes needed for class. For more information visit: www.annepennypackerdance.com. Class held at Recreation Park, Los Alamitos Community Center, 10911 Oak St., Los Alamitos or Marina Community Center, 151 Marina Dr., Seal Beach.

Anne Pennypacker

Recreation Park

31294	5-12 Yrs	3/26-4/16	5:15-6 p.m.	Tu	\$57
31295	5-12 Yrs	4/30-5/28	5:15-6 p.m.	Tu	\$67

Anne Pennypacker

Los Alamitos Community Center

31298	5-12 Yrs	3/25-4/15	3:45-4:30 p.m.	M	\$57
31299	5-12 Yrs	4/29-6/3*	3:45-4:30 p.m.	M	\$67

Anne Pennypacker

Marina Community Center

31304	5-12Yrs	3/29-4/18	3:45-4:30 p.m.	Th	\$57
31305	5-12Yrs	5/2-5/30	3:45-4:30 p.m.	Th	\$67

MEXICAN FOLK DANCE

Class will have step by step footwork in creating various dances from Mexico and Spain. Must wear shorts or dance wear for flexibility (no jeans or sandals, must wear closed toe shoes and hair needs to be pulled back from face). Pre-registration is encouraged. Shows will count as a class meeting. *No class: 3/16, 4/13 & 4/20.

Irene Portillo

Veterans Park

31044	Beg	5-11 Yrs	3/2-5/11*	9:45-10:30 a.m.	Sa	\$70
31046	Int	7-17 Yrs	3/2-5/11*	9-9:45 a.m.	Sa	\$70
31045	Int/Adv	10-17 Yrs	3/2-5/11*	10:30-11:15 a.m.	Sa	\$70
31043	Adv	12-17 Yrs	3/2-5/11*	11:15 a.m.-12:15 p.m.	Sa	\$70

MUSICAL THEATRE

Calling all entertainers! Casting now. Needed: creative students interested in exploring dance, acting, music and song. Students will learn musical theatre dance styles, while learning to connect acting and emotions of the song to the choreography of the piece. For more information, visit: www.annepennypackerdance.com. Class held at Marina Community Center, 151 Marina Dr., Seal Beach or Recreation Park.

Anne Pennypacker

Marina Community Center

31290	5-13 Yrs	3/27-4/17	3:45-4:30 p.m.	W	\$57
31291	5-13 Yrs	5/1-5/29	3:45-4:30 p.m.	W	\$67

Anne Pennypacker

Recreation Park

31292	5-12 Yrs	3/26-4/16	4:30-5:15 p.m.	Tu	\$57
31293	5-12 Yrs	4/30-5/28	4:30-5:15 p.m.	Tu	\$67

PRIMA BALLET

Bonjour Ballerinas! Designed for dancers desiring a strong ballet foundation. This class will explore technique, the proper execution of footwork, piques, pirouettes and more. Dancers will learn a routine to perform at session's end. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos.

Anne Pennypacker

Los Alamitos Community Center

31326	6-12 Yrs	3/29-4/19	3:45-4:30 p.m.	F	\$57
31327	6-12 Yrs	5/3-5/31	3:45-4:30 p.m.	F	\$67

PRINCESS DANCE

Calling all princesses and fairies! Join the fun by dancing magical adventures and pretending to be a fairy princess, dancing swans, sleeping beauty and more! Through stories and imagination we will create beautiful dances in a fun and creative environment. For more information visit: www.annepennypackerdance.com. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos or Marina Community Center, 151 Marina Dr., Seal Beach.*No class: 5/27.

Anne Pennypacker		Los Alamitos Community Center			
31306	4-7 Yrs	3/25-4/15	5:15-6 p.m.	M	\$57
31307	4-7 Yrs	4/29-6/3*	5:15-6 p.m.	M	\$67
Anne Pennypacker		Marina Community Center			
31310	4 Yrs 6 Mos-7 Yrs	3/28-4/18	3-3:45 p.m.	Th	\$57
31311	4 Yrs 6 Mos-7 Yrs	5/2-5/30	3-3:45 p.m.	Th	\$67

ROCKSTAR POPSTAR

C'mon boys and girls, it's time to party like a rockstar! We will learn lyrics and dance moves to our favorite pop songs and be stars! At session's end we will put on a concert not to be missed! For more information please visit: www.annepennypackerdance.com. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos. *No class: 5/27.

Anne Pennypacker		Los Alamitos Community Center			
31300	5-12 Yrs	3/25-4/15	4:30-5:15 p.m.	M	\$57
31301	5-12 Yrs	4/29-6/3*	4:30-5:15 p.m.	M	\$67

STARZ OF JAZZ

Fusing the best of jazz movements, this class will master the art of dance. Every session will focus on perfecting the technique within an amazing choreographed routine. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos.

Anne Pennypacker		Los Alamitos Community Center			
31320	6-12 Yrs	3/29-4/19	5-5:45 p.m.	F	\$57
31321	6-12 Yrs	5/3-5/31	5-5:45 p.m.	F	\$67

ENRICHMENT

MATH DEVELOPMENT

Students skills gaps are identified through comprehensive testing. Trained teachers structure and implement a program to reinforce identified skills in primary facts (addition, subtraction, multiplication, division), fraction operations, prime numbers, factoring concepts, decimals, algebra, geometry skills and increased confidence. For more information call: 949-263-0633. Testing and material fee: \$20. Monday Wednesday class held at Long Beach Community Resource Center, 5365 E. 2nd St., Long Beach. *No class: 4/22, 4/23, 4/24, 4/25 & 5/27.

Readwrite Educational Solution Inc.		LB Community Resource Center			
31378	6 Yrs 6 Mos-11 Yrs	3/4-3/27	5:10-5:55 p.m.	M W	\$79
31379	6 Yrs 6 Mos-11 Yrs	4/1-5/1*	5:10-5:55 p.m.	M W	\$79
31380	6 Yrs 6 Mos-11 Yrs	5/6-6/3*	5:10-5:55 p.m.	M W	\$79
Readwrite Educational Solution Inc.		Heartwell Park			
31381	6 Yrs 6 Mos-11 Yrs	3/5-3/28	5:10-5:55 p.m.	Tu Th	\$79
31382	6 Yrs 6 Mos-11 Yrs	4/2-5/2*	5:10-5:55 p.m.	Tu Th	\$79
31383	6 Yrs 6 Mos-11 Yrs	5/14-6/6	5:10-5:55 p.m.	Tu Th	\$79

READING DEVELOPMENT K-1

Individualized to your student's needs. Improves comprehension, vocabulary, spelling, and fluency. Specially-trained teachers test, structure and implement your child's program. For more information call: 949-263-0633. Testing and material fee: \$20. Class held on Mondays and Wednesdays meets at the Long Beach Community Resource Center, 5365 E. 2nd St., Long Beach. *No class: 4/22, 4/23, 4/24, 4/25 & 5/27.

Readwrite Educational Solution Inc.		LB Community Resource Center			
31372	4 Yrs 6 Mos-7 Yrs	3/4-3/27	3:30-4:15 p.m.	M W	\$79
31373	4 Yrs 6 Mos-7 Yrs	4/1-5/1*	3:30-4:15 p.m.	M W	\$79
31374	4 Yrs 6 Mos-7 Yrs	5/6-6/3*	3:30-4:15 p.m.	M W	\$79

Readwrite Educational Solution Inc.

31387	4 Yrs 6 Mos-7 Yrs	3/5-3/28	3:30-4:15 p.m.	Tu Th	\$79
31388	4 Yrs 6 Mos-7 Yrs	4/2-5/2*	3:30-4:15 p.m.	Tu Th	\$79
31389	4 Yrs 6 Mos-7 Yrs	5/14-6/6	3:30-4:15 p.m.	Tu Th	\$79

Heartwell Park

READING DEVELOPMENT 2-6

Individualized to your student's needs. Improves comprehension, vocabulary, spelling, and fluency. Specially-trained teachers test, structure and implement your child's program. For more information call: 949-263-0633. Testing and material fee: \$20. Class held on Mondays and Wednesdays meets at the Long Beach Community Resource Center, 5365 E. 2nd St., Long Beach.*No class: 4/22, 4/23, 4/24, 4/25 & 5/27.

Readwrite Educational Solution Inc. LB Community Resource Center

31375	6 Yrs 6 Mos-11 Yrs	3/4-3/27	4:20-5:05 p.m.	M W	\$79
31376	6 Yrs 6 Mos-11 Yrs	4/1-5/1*	4:20-5:05 p.m.	M W	\$79
31377	6 Yrs 6 Mos-11 Yrs	5/6-6/3*	4:20-5:05 p.m.	M W	\$79

Readwrite Educational Solution Inc. Heartwell Park

31384	6 Yrs 6 Mos-11 Yrs	3/5-3/28	4:20-5:05 p.m.	Tu Th	\$79
31385	6 Yrs 6 Mos-11 Yrs	4/2-5/2*	4:20-5:05 p.m.	Tu Th	\$79
31386	6 Yrs 6 Mos-11 Yrs	5/14-6/6	4:20-5:05 p.m.	Tu Th	\$79

WRITING - LOCAL ANIMALS AND HUMAN INTERACTION



In collaboration with the El Dorado Nature Center, Write On! presents this project-based writing class which combines writing, biology, and ecology. The class will focus on our current relationship with local animals such as the coyote. Kids will read articles, synthesize information, and organize an outline before creating insightful argumentative essays. We will gather field notes and observations through a visit to the El Dorado Nature Center where a qualified naturalist will teach us all about these animals and their habitat. Parents must arrange transportation to the Nature Center for a class on 4/16 from 3:30-5 p.m. Carpooling will be encouraged. Materials fee: \$38. Class is held at the Cypress Community Center, 5700 Orange Ave., Cypress. *No class 4/30.

We will gather field notes and observations through a visit to the El Dorado Nature Center where a qualified naturalist will teach us all about these animals and their habitat. Parents must arrange transportation to the Nature Center for a class on 4/16 from 3:30-5 p.m. Carpooling will be encouraged. Materials fee: \$38. Class is held at the Cypress Community Center, 5700 Orange Ave., Cypress. *No class 4/30.

Write On! Cypress Community Center

31216	8-12 Yrs	4/9-5/7	3:30-5 p.m.	Tu	\$80
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DRAGONS, MAGIC, & RESPONSE TO LITERATURE ESSAYS NEW

Kids will enjoy reading and discussing a fantastic story before learning to annotate, analyze characters, and dissect themes. Then students will create their brilliant response-to-literature essays with an evidence-based approach which aligns with the Common Core Writing Standards. We inspire learning through fun! Check out WriteOn via Facebook. Materials fee: \$38. Class is held at the Cypress Community Center, 5700 Orange Ave., Cypress. *No class: 3/19.

Write On! Cypress Community Center

31428	8-12Yrs	3/5-4/2*	3:30-5:00 p.m.	Tu	\$70
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MUSIC

EXPLORING INSTRUMENTS

Want to play music but not sure where to start? This class will give you a chance to try three popular instruments: piano, guitar and drums. A beginning level class, no experience necessary. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach.

Jammin' Music Inc. Jammin' Music and Arts

31051	7-11 Yrs	3/6-4/10	4-4:50 p.m.	W	\$90
31052	7-11 Yrs	5/1-6/5	4-4:50 p.m.	W	\$90

GROUP PIANO

Beginning class for children with little to no previous instruction. Students will be taught note reading, hand positions, proper finger technique and simple melodies in a fun, supportive atmosphere. Please note class is taught on electronic keyboards. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach.

Jammin' Music Inc.

31053	7-12 Yrs	3/5-4/9	4-4:50 p.m.	Tu	\$95
31054	7-12 Yrs	4/30-6/4	4-4:50 p.m.	Tu	\$95

Jammin' Music and Arts

GUITAR

Learn guitar in a pressure free environment. We will cover basic chords, strumming and the skills you need to play the songs you love. Acoustic guitar required. Material fee: \$5.

Daniel Howe

30940	8-17 Yrs	3/6-4/3	6:30-7:30 p.m.	W	\$65
30941	8-17 Yrs	4/10-5/8	6:30-7:30 p.m.	W	\$65

Whaley Park

KEYBOARD KIDS

Learn to play piano in a fun and supportive atmosphere. Rhythm, note recognition and proper keyboard technique will be taught as well as simple melodies. Concepts are reinforced through musical games and activities to keep children actively engaged in the learning process. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach.

Jammin' Music Inc.

31055	5-6 Yrs	3/5-4/9	3-3:50 p.m.	Tu	\$95
31057	5-6 Yrs	3/9-4/13	11-11:50 a.m.	Sa	\$95
31056	5-6 Yrs	4/30-6/4	3-3:50 p.m.	Tu	\$95
31058	5-6 Yrs	5/4-6/8	11-11:50 a.m.	Sa	\$95

Jammin' Music and Arts

ROCKIN' GUITAR

Calling all beginning electric or acoustic guitarists. Learn what it takes to rock! Beginning rock techniques include: power chords, simple blues and rock licks. Bring your own guitar or rent one from us. Class held at Jammin' Music, 4228 Atlantic Ave., Long Beach.

Jammin' Music Inc.

31065	8-14 Yrs	3/8-4/12	5-5:50 p.m.	F	\$85
31066	8-14 Yrs	5/3-6/7	5-5:50 p.m.	F	\$85

Jammin' Music and Arts

SPORTS

B-BALLERS HOOPS SCHOOL BASKETBALL

Coach Greg and his coaches will help your player develop teamwork, confidence, and fundamental basketball skills such as dribbling, passing, shooting, ball handling, footwork, and defense. This is a beginner class for co-ed players. It offers intense, real-world guidance for those ready to skyrocket their game, but adds fun for those who just love the game. Material Fee: \$20. *Note: Each class on 3/10, 3/31, 4/7, 4/28, 5/5 & 5/19 will be 30 minutes longer to make up for no class. Classes held at Wilson High School, 4400 E. 10th St., Long Beach. *No class: 3/24 & 4/21.

B-Ballers Hoop School

30917	5-12 Yrs	3/10-3/31	3-4 p.m.	Su	\$65
30918	5-12 Yrs	4/7-4/28*	3-4 p.m.	Su	\$65
30919	5-12 Yrs	5/5-5/19*	3-4 p.m.	Su	\$65

Wilson High School Gym

BEGINNING GYMNASTICS

Boys and girls have fun learning all gymnastic events: floor exercises, uneven bars, vault and beam. We will teach you balance, coordination and strength that will benefit all sports they will play. *No class 4/23.

Aerial Butterflies LLC

31219	4-12 Yrs	3/5-3/26	3:45-4:30 p.m.	Tu	\$65
31222	4-12 Yrs	3/2-3/30	11:15 a.m.-noon	Sa	\$65
31220	4-12 Yrs	4/2-4/30*	3:45-4:30 p.m.	Tu	\$65
31223	4-12 Yrs	4/6-4/27	11:15 a.m.-noon	Sa	\$65
31224	4-12 Yrs	5/4-5/25	11:15 a.m.-noon	Sa	\$65
31221	4-12 Yrs	5/7-5/28	3:45-4:30 p.m.	Tu	\$65

Wardlow Park

BEGINNING ICE SKATING

Class fee includes skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: Wed 7:10-7:40 p.m., Th 3-5:30 p.m. or Sa 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration required. Class held at The Rinks Lakewood Ice, 3975 Pixie Ave., Lakewood.

Ice Management LLC

31240	7-14 Yrs	3/6-3/27	6:40-7:10 p.m.	W	\$45
31241	7-14 Yrs	3/7-3/28	4:30-5 p.m.	Th	\$45
31242	7-14 Yrs	3/9-3/30	11:15-11:45 a.m.	Sa	\$45
31243	7-14 Yrs	4/3-4/24	6:40-7:10 p.m.	W	\$45
31244	7-14 Yrs	4/4-4/25	4:30-5 p.m.	Th	\$45
31245	7-14 Yrs	4/6-4/27	11:15-11:45 a.m.	Sa	\$45
31246	7-14 Yrs	5/1-5/22	6:40 p.m.-7:10 p.m.	W	\$45
31247	7-14 Yrs	5/2-5/23	4:30 p.m.-5 p.m.	Th	\$45
31248	7-14 Yrs	5/4-5/25	11:15-11:45 a.m.	Sa	\$45

The Rinks Lakewood Ice

ICE HOCKEY

Prerequisite: 4 weeks in Beginning Ice Skating and upon evaluation and approval. Learn basic skills to play ice hockey. No sticks or pucks yet. Class fee includes skate rentals, half hour of instruction and free practice session on your registered class day. Practice session time: Th 3-5:30 p.m. or Sa 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration is required. Class held at The Rinks Lakewood Ice, 3975 Pixie Ave., Lakewood.

Ice Management LLC

31249	7-18 Yrs	3/7-3/28	5:30-6 p.m.	Th	\$45
31250	7-18 Yrs	3/9-3/30	11:15-11:45 a.m.	Sa	\$45
31251	7-18 Yrs	4/4-4/25	5:30-6 p.m.	Th	\$45
31252	7-18 Yrs	4/6-4/27	11:15-11:45 a.m.	Sa	\$45
31253	7-18 Yrs	5/2-5/23	5:30-6 p.m.	Th	\$45
31254	7-18 Yrs	5/4-5/25	11:15-11:45 a.m.	Sa	\$45

The Rinks Lakewood Ice



You are
invited
to join
the fun
with
Camp Fire's
UTAP*
Crew
at
DeForest Park

*UpTown Afterschool Program and Activities in DeForest Park

Afterschool in the Park starts at 3 p.m. and ends at 6 p.m., and includes games, enrichment activities, homework assistance, outdoor education and recreation.



6255 De Forest Avenue, Long Beach 90805

D-UP BALLERS

D-Up Ballers will challenge you mentally and physically in the game of basketball. This program is geared for all levels, it enhances your basketball skills. You will be working on dribbling, passing, shooting, defense, footwork and much more. We will have player(s) of the week and give out prizes! Material fee: \$20. *No class: 4/21.

James Christian

31047	7-14 Yrs	3/3-3/31	noon-1 p.m.
31048	7-14 Yrs	4/14-5/19*	noon-1 p.m.

Pan American Park

Su	\$60
Su	\$60

GYMNASTICS - BEGINNING

This class teaches the fundamentals of the four Olympic artistic gymnastics events - floor exercise, uneven para bars, balance beam and vaulting table. Class held at Woodrow Wilson High School, 4400 E. 10th St. (600 Bldg.), Long Beach.

Wilson HS Gymnastics Coach

30928	6-17 Yrs	3/5-3/26	5-5:50 p.m.
30929	6-17 Yrs	4/2-4/23	5-5:50 p.m.
30930	6-17 Yrs	5/7-5/28	5-5:50 p.m.
30931	6-17 Yrs	3/7-3/28	5-5:50 p.m.
30932	6-17 Yrs	4/4-4/25	5-5:50 p.m.
30933	6-17 Yrs	5/2-5/23	5-5:50 p.m.

Wilson High School Gym

Tu	\$48
Tu	\$48
Tu	\$48
Th	\$48
Th	\$48
Th	\$48

GYMNASTICS - INTERMEDIATE

This class teaches the fundamentals of the four Olympic artistic gymnastics events - floor exercise, uneven para bars, balance beam and vaulting table. Prerequisites: Ability to perform a cartwheel on both sides, a dive roll, round off, and back walkover. Class held at Woodrow Wilson High School, 4400 E. 10th St. (600 Bldg.), Long Beach.

Wilson HS Gymnastics Coach

30934	6-17 Yrs	3/5-3/28	5:50-6:40 p.m.
30935	6-17 Yrs	4/2-4/25	5:50-6:40 p.m.
30936	6-17 Yrs	5/2-5/28	5:50-6:40 p.m.

Wilson High School Gym

Tu Th	\$84
Tu Th	\$84
Tu Th	\$84

GYMNASTICS - ADVANCED

This class teaches the fundamentals of the four Olympic artistic gymnastics events - floor exercise, uneven para bars, balance beam and vaulting table. Prerequisites: Intermediate requirements plus back handspring and/or front handspring and/or round off back handspring. Class held at Woodrow Wilson High School, 4400 E. 10th St. (600 Bldg.), Long Beach.

Wilson HS Gymnastics Coach

30925	6-17 Yrs	3/5-3/28	6:45-8:15 p.m.
30926	6-17 Yrs	4/2-4/25	6:45-8:15 p.m.
30927	6-17 Yrs	5/2-5/28	6:45-8:15 p.m.

Wilson High School Gym

Tu Th	\$120
Tu Th	\$120
Tu Th	\$120

HORSE FUN

Students are taught basic horsemanship, safety, riding, grooming and leading. This class will prepare participants for individual lessons and give them a better sense of horse ownership. Wear closed toe shoes (riding boots are best), long pants, and bring a helmet. Parent participation is required, no unregistered siblings allowed. Material Fee: \$25. Class held at El Rodeo Stables, 4449 Carbon Canyon Rd., Brea.

Fun With Horses

31023	7-12 Yrs	3/2-3/23	11 a.m.-noon
31024	7-12 Yrs	3/30-4/20	11 a.m.-noon
31028	7-12 Yrs	5/4-5/25	11 a.m.-noon

El Rodeo Stables

Sa	\$85
Sa	\$85
Sa	\$85

INTERMEDIATE GYMNASTICS

Boys and girls have fun learning all gymnastic events: floor exercises, uneven bars, vault and beam. This class will increase balance, coordination and strength that will benefit all the sports they will play. Intermediate prerequisite: ability to perform one arm cartwheels, round offs and standing back bends. This is a combo beginning and intermediate group. *No class 4/23.

Aerial Butterflies LLC

31225	6-17 Yrs	3/5-3/26	4:30-5:30 p.m.
31226	6-17 Yrs	4/2-4/30*	4:30-5:30 p.m.
31227	6-17 Yrs	5/7-5/28	4:30-5:30 p.m.

Wardlow Park

Tu	\$65
Tu	\$65
Tu	\$65



LONG BEACH FIRE DEPARTMENT JUNIOR LIFEGUARD PROGRAM

**2019 Program Dates:
June 24th to August 2nd**

The Junior Lifeguard Program offers students ages 9-17 the opportunity to receive instruction in lifeguard rescue techniques, first aid, ocean sports, physical conditioning, and marine ecology, along with CPR certification. This program gives students the experience they need for future careers as lifeguards or in various public service professions.

All aspects of beach activity will be explored from beach running to skin diving during this six week course. The Junior Lifeguard Program ends each summer with the Ironguard event, which allows students to see the progress they have made while pushing themselves to achieve a difficult goal.

Program cost: \$490



**Tryout Requirements:
100-yard swim in under two minutes**

For more information please visit www.longbeachJGs.com,
email LBJG@longbeach.gov or call 562-536-7807

JUJITSU

A self defense class for children. Students learn throws, locks, and holds while developing listening skills, coordination, and confidence. One on one instruction for beginners and advanced students. For more information please visit: www.LakewoodBudoKai.com. New students start on the first Monday or Wednesday of each month. Taught by an award-winning instructor with over 35 years in Long Beach. *No class: 3/25, 4/22, 5/20 & 5/27.

Russell Kelley

31352	6-12 Yrs	3/1-3/29*	6-7 p.m.
31353	6-12 Yrs	4/1-4/29*	6-7 p.m.
31354	6-12 Yrs	5/1-5/31*	6-7 p.m.

Whaley Park

M W F	\$45
M W F	\$45
M W F	\$45

KARATE

This traditional Japanese Karate retains all the traditions of the ancient art. The philosophy and rules of Karate will help children develop a better form of discipline and respect. Consistent training helps students become stronger and develop more confidence. Karate students will learn the customs and courtesies of the Japanese culture. *No class: 5/27.

Jony Martinez

31078	5-12 Yrs	3/1-3/29	6-7 p.m.
31079	5-12 Yrs	4/1-4/29	6-7 p.m.
31080	5-12 Yrs	5/1-5/31*	6-7 p.m.

Cesar Chavez Park

M W F	\$75
M W F	\$75
M W F	\$75

MIXED MARTIAL ARTS-WHITE BELT

Learn discipline, practical self-defense techniques and get into shape while learning Muay Thai Kick Boxing, Brazilian Jiu Jitsu and wrestling. Uniforms are available for \$35. Testing fee is \$40.

Michael J. Rice

31136	6-17 Yrs	3/1-3/29	6-7 p.m.
31137	6-17 Yrs	4/4-4/26	6-7 p.m.
31138	6-17 Yrs	5/2-5/31	6-7 p.m.

El Dorado Park West

Th F	\$50
Th F	\$50
Th F	\$50

MIXED MARTIAL ARTS-UPPER BELT

Learn discipline, practical self-defense techniques and get into shape while learning Muay Thai Kick Boxing, Brazilian Jiu Jitsu and wrestling. Uniforms are available for \$35. Testing fee is \$40.

Michael J. Rice

31133	6-17 Yrs	3/1-3/29	7-8 p.m.
31134	6-17 Yrs	4/4-4/26	7-8 p.m.
31135	6-17 Yrs	5/2-5/31	7-8 p.m.

El Dorado Park West

Th F	\$50
Th F	\$50
Th F	\$50

SHOTOKAN KARATE

Shotokan, a Japanese karate developed from various martial art of "empty hand" fighting. To learn the Shotokan style one begins with humility. Shotokan is not only self defense karate but discipline of the mind. Students of any age will develop valuable self defense skills, self control and self discipline, improve concentration, coordination and focus. Please wear loose fitting clothing (preferably white). Uniforms are available for an additional \$40 (regardless of the size). *No class: 4/12 & 4/13.

Antonio Silva

30908	7-17 Yrs	3/1-3/30	6-7 p.m.
30909	7-17 Yrs	4/5-4/27*	6-7 p.m.
30910	7-17 Yrs	5/3-5/31	6-7 p.m.

Bixby Park

F Sa	\$40
F Sa	\$40
F Sa	\$40

SKATEDOGS COMPETITION SERIES

This program is for all levels but skaters should know the fundamentals first. Each week you will practice and compete in tons of fun skill appropriate events. Includes a trophy, a custom shirt, pizza party and award ceremony. Requirements: signed waiver, skateboard, helmet, knee pads and elbow pads. Class held at Oaks Middle School, 10821 Oak St., Los Alamitos. *No class: 4/21.



Adam Cohen

30891	5-13 Yrs	3/24-5/5*	1-3 p.m.
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Oaks Middle School

Su	\$215
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Free Youth Indoor Soccer Leagues

Season begins April 13, 2019

Online Registration February 5-March 11, 2019 • Uniform Fee:\$10 (scholarships available)

INDOOR SOCCER SEASON DATES: SATURDAYS, APRIL 13-MAY 18, 2019

Practices begin the week of March 25th. Practices held outdoors, games held indoors.

Coed Soccer Ages 5-8
(Born 2011-2014)

Boys Soccer Ages 9-14
(Born 2005-2010)

Girls Soccer Ages 9-14
(Born 2005-2010)

Please call your local park to sign up

Admiral Kidd	570-1600
Bixby	570-1601
Chavez	570-8890
Cherry	570-1615
College Estates	570-1710
Coolidge	570-1618
Davenport	570-1665
DeForest	577-1618
Drake	570-1625

El Dorado West	570-3325
Houghton	570-1640
King	570-4405
Mac Arthur	570-1655
Mc Bride	570-1605
Miracle	619-1601
Orizaba	570-1427
Pan American	570-1660

Ramona	570-1665
Scherer	570-1674
Seaside	572-5126
Silverado	570-1675
Somerset	570-8915
Stearns Champions	570-1685
Veterans	570-1695
Wardlow	570-1705
Whaley	570-1710

Visit www.teamsideline.com/longbeach for registration information and links to your park site.

WRAP SITES: 570-3530
Burbank Elementary
Edison Elementary

Garfield Elementary
Grant Elementary
Herrera Elementary

Hudson(Kinder-8th grade)
King Elementary
Lafayette Elementary

SOCCER 1- TECHNIQUES AND TEAMWORK

Players will learn dribbling, passing, receiving, shooting and more. Fun skill games are played at every session and every participant will have a ball at their feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting. All participants will receive a Kidz Love Soccer jersey. *No class: 5/25.

Kidz Love Soccer

El Dorado Park West

31093	5-6 Yrs	4/19-6/7	3:45-4:30 p.m.	F	\$114
31094	5-6 Yrs	4/20-6/15*	11:05-11:50 a.m.	Sa	\$114
31095	5-6 Yrs	4/20-6/15*	11:15 a.m.-noon	Sa	\$114

SOCCER 2- SKILLZ AND SCRIMMAGES

Kidz will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will include scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world's most popular game. Shin guards are required. Each participant receives a soccer jersey. *No class: 5/25.

Kidz Love Soccer

College Estates Park

31096	7-10 Yrs	4/20-6/15*	noon-12:45 p.m.	Sa	\$114
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TEE BALL SKILLZ

Here is a great chance for kids to be introduced to tee-ball in a fun, safe environment while learning the basics of the game. Our tee-ball curriculum is designed for kids to have fun with friends and coaches while fine tuning their motor and socialization skills. Every child will also be given a class t-shirt.

TriFyft Sports

El Dorado Park West

31205	5-7 Yrs	3/25-5/13	7-7:45 p.m.	M	\$109
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TRADITIONAL KARATE - BEGINNING TO INTERMEDIATE

Students will learn traditional Japanese style of karate, Itosu-Ryu. Emphasis on self-discipline, manners and respect. Testing is done on an individual basis. Material fee (new students): \$5.

David Crockett

El Dorado Park West

30982	5-14 Yrs	3/2-5/25	10-11 a.m.	Sa	\$130
30983	5-14 Yrs	3/6-5/29	4:30-5:30 p.m.	W	\$130

TRADITIONAL KARATE - INTERMEDIATE TO ADVANCED

Students will learn traditional Japanese style of karate, Itosu-Ryu. Emphasis on self-discipline, manners and respect. Testing is done on an individual basis. Free uniform for first time students. Students must have achieved a purple belt or higher in Itosu-Kai. Registration includes access to all other Itosu-Kai classes, both Saturday and Wednesday.

David Crockett

Recreation Park

30984	8-17 Yrs	3/6-5/29	5:30-6:15 p.m.	W	\$140
30985	8-17 Yrs	3/2-5/25	9-10 a.m.	Sa	\$140



Scholarships Are Now Available



Class and camp experiences have a profound impact on children's lives by expanding knowledge in education skills, the arts, health and nutrition, social skills, mobility and safety.

Low income youth and foster children, ages 5 to 18 have an opportunity to receive a scholarship of \$150 per year beginning July 1st through June 30th.

In order to qualify your family must meet certain income levels or qualify for the free school lunch program through Long Beach Unified Schools.

Go on-line to www.partnersofparks.org to download the application. Complete the form and send it to: Partners of Parks, 1150 E. 4th St., Long Beach, CA 90802 or drop it by the Parks, Recreation and Marine Registration Office at 2760 Studebaker Rd., Long Beach.

The application must be received a minimum of 10 business days before the class begins.



PARTNERS OF PARKS
LONG BEACH

Long Beach Parks, Recreation and Marine

Free After School Program

Park Sites

ages 5-12

What is Your Child Doing After School?

Long Beach Parks, Recreation and Marine offers activities Monday through Friday in every neighborhood. Programs include games, arts and crafts, tournaments, cooking, homework help, movies, holiday celebrations and more.

Visit: <https://bit.ly/1Neoc8o> for program schedules and descriptions.

Park Locations and Hours*

Bixby Park
130 Cherry Ave.
570-1601
M-F 3-6 p.m.

Chavez Park
401 Golden Ave.
570-8890
M-F 3-6 p.m.

Coolidge Park
352 Neece Ave.
570-1618
M-F 3-6 p.m.

Drake Park
951 Maine Ave.
570-1625
M-F 3-6 p.m.

Houghton Park
temporarily located at
Scherer Park
4600 Long Beach Blvd.
570-1674 · M-F 3-6 p.m.

M.L. King Jr. Park
1950 Lemon Ave.
570-4405
M-F 3-6 p.m.

McBride Park
1550 M.L.King Jr. Blvd.
570-1605
M-F 3-6 p.m.

Orizaba Park
2935 E. Spaulding
570-1427
M-F 3-6 p.m.
Sa. 12-4 p.m.

Pan American Park
5157 Centralia St.
570-1660
M-F 2:30-5:30 p.m.

Ramona Park
3301 E. 65th St.
570-1665
M-F 3-6 p.m.

Seaside Park
1401 Chestnut Ave.
572-5126
M-F 3-6:00 p.m.
Sa & Su noon-3 p.m.

Silverado Park
1545 W. 31st St.
570-1675
M-F 3-6 p.m.

Somerset Park
1500 E. Carson
570-1690
M-F 3-6 p.m.

Stearns Champions Park
4520 E. 23rd St.
570-1685
M-F 3-6 p.m.

Veterans Park
101 E. 28th St.
570-1695
M-F 2:30-5:30 p.m.

Wardlow Park
3457 Stanbridge Ave.
570-1706
M-F 3-6 p.m.

Whaley Park
5620 Atherton St.
570-1710
M-F 2:30-5:30 p.m.

*Park locations and times are subject to change



TEEN CLASSES

COOKING



BASIC COOKING FOR TEENS

Students will love this hands-on class where they can explore, discover new ingredients and learn the fundamentals of cooking. Class includes a lecture and activity before kids put what they have learned together in the cooking lab. Students will be introduced to kitchen tools, appliances, vocabulary, and kitchen skills. Please note any food allergies. Bring apron, set of measuring cups/spoons and a food storage container for left overs. Material fee: \$40.

A Yummy Future

30458	13-17 Yrs	3/2-3/23	3-4:15 p.m.	Sa	\$115
30459	13-17 Yrs	4/6-4/27	3-4:15 p.m.	Sa	\$115
30460	13-17 Yrs	5/4-5/25	3-4:15 p.m.	Sa	\$115

El Dorado Park West

ENRICHMENT

DRIVER'S EDUCATION

California required course to obtain driver's permit. Course is fun and interactive; includes parental involvement. Coursework can be completed at any time of day or night. DMV accepted completion certificates with successful completion. Driving not included.

All Good Driving School Inc.

30790	14-18 Yrs	3/1-3/31	Online
30791	14-18 Yrs	4/1-4/30	\$40
30792	14-18 Yrs	4/30-5/30	\$40

SPORTS

B-BALLERS HOOPS SCHOOL BASKETBALL

Coach Greg and his coaches will help your player develop teamwork, confidence, and fundamental basketball skills such as dribbling, passing, shooting, ball handling, footwork, and defense. This is for more intermediate-advanced co-ed players. It offers intense, real-world guidance for those ready to skyrocket their game, but adds fun for those who just love the game. Material Fee: \$20. Classes held at Wilson High School, 4400 E. 10th St., Long Beach. *No class: 3/24 & 4/21.

B-Ballers Hoop School

Wilson High School Gym

30463	12-17 Yrs	3/10-3/31	4-5 p.m.	Su	\$65
30462	12-17 Yrs	4/7-4/28	4-5 p.m.	Su	\$65
30461	12-17 Yrs	5/5-5/19	4-5 p.m.	Su	\$65



ADMIRAL KIDD PARK 2125 SANTA FE AVE. • **FREEMAN COMMUNITY** 1205 FREEMAN AVE.
HOUGHTON PARK TEMPORARILY LOCATED AT **COOLIDGE PARK** 352 NEECE ST.
CESAR CHAVEZ PARK 401 GOLDEN AVE. • **SILVERADO PARK** 1545 W. 31ST
McBRIDE PARK 1550 MARTIN LUTHER KING JR. AVE.

MAKE NEW FRIENDS • SPORTS • TOURNAMENTS • FIELD TRIPS • DINNER PROGRAM • FUN
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ONE OF THE

TOP TRANSFER SCHOOLS

TO 4-YEAR UNIVERSITIES

SPRING SEMESTER FEB. 6 - JUNE 5

REGISTER TODAY!

LBCC.EDU

ADULT CLASSES

ADAPTIVE RECREATION

SPECIAL OLYMPICS "TOP FLIGHT ON ICE"

Pre registration required. This class is specifically designed for the Special Needs Community. All skaters will learn to skate with a qualified instructor. Skaters will learn to skate forward and backward, and gain confidence to skate on their own. Class fee includes skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: W 7:10-7:40 p.m. or Sa 10:45-11:15 a.m. Dress warmly. Check in early. <http://www.therinks.com>. Class held at The Rinks Lakewood, 3975 Pixie Ave., Lakewood (Carson & Paramount).

Ice Management LLC

31282	12 Yrs+	3/6-3/27	6:10-6:40 p.m.	W	\$45
31283	12 Yrs+	3/9-3/30	9:45-10:15 a.m.	Sa	\$45
31284	12 Yrs+	4/3-4/24	6:10-6:40 p.m.	W	\$45
31285	12 Yrs+	4/6-4/27	9:45-10:15 a.m.	Sa	\$45
31286	12 Yrs+	5/1-5/22	6:10-6:40 p.m.	W	\$45
31287	12 Yrs+	5/4-5/25	9:45-10:15 a.m.	Sa	\$45

The Rinks Lakewood Ice

ART AND CULTURAL

AMAZING ART

Acrylic painting. Never painted before? Bring an 8x10 color picture and an 8x10 black & white paper copy of the same picture that you would like to paint. Learn painting & art techniques. Surprise yourself! Please no portraits or abstract pictures for beginners. Advanced artists are welcome too. All materials furnished by instructor. Material fee: \$20.

Mary Crowder

31113	10 Yrs+	3/7-3/28	7-9 p.m.	Th	\$45
31114	10 Yrs+	4/4-4/25	7-9 p.m.	Th	\$45
31121	10 Yrs+	5/2-5/30	7-9 p.m.	Th	\$45

Heartwell Park

ARTIST WALK IN

Come join other artists. All medias welcomed. Bring your own art supplies. Share tips with other artists. Fun, enthusiasm, and encouragement. Room has excellent light. Fee per person, per class.

Mary Crowder

31115	10 Yrs+	3/7-3/28	7-9 p.m.	Th	\$5
31116	10 Yrs+	4/4-4/25	7-9 p.m.	Th	\$5
31117	10 Yrs+	5/2-5/30	7-9 p.m.	Th	\$5

Heartwell Park

Mary Crowder

31118	10 Yrs+	3/5-3/26	10 a.m.-1 p.m.	Tu	\$5
31119	10 Yrs+	4/2-4/30	10 a.m.-1 p.m.	Tu	\$5
31120	10 Yrs+	5/7-5/28	10 a.m.-1 p.m.	Tu	\$5

College Estates Park

BEGINNING SEWING - THE APRON

Make an apron and optional oven mitten while learning skills such as machine use and maintenance, cutting, following pattern instructions and basic sewing techniques. Learn about textiles, sewing tools and equipment. Class fee includes the pattern and use of sewing machine. No prior sewing experience needed. Please visit www.sewvacld.com for supply list. Students 16-17 years old must be accompanied by an enrolled adult. Class held at Sew Vac Limited, 762 Clark Ave., Long Beach. *No class: 5/1 & 5/8.

Sew Vac Inc

31164	18 Yrs+	3/14-4/11	6:30-9 p.m.	Th	\$59
31165	18 Yrs+	3/29-4/26	2-4:30 p.m.	F	\$59
31166	18 Yrs+	4/10-5/22*	6:30-9 p.m.	W	\$59

Sew Vac Limited

BEGINNING SEWING - THE TOTE BAG

Make a roomy zippered tote bag with lots of pockets while learning sewing skills such as rotary cutting, using a sewing machine, zipper insertion, seam finishing and pressing. Fee includes pattern and use of a sewing machine. Please visit www.sewvacld.com for supply list. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach. *No class: 4/13.

Sew Vac Inc

31167	18 Yrs+	3/16-4/27*	1:30-4:30 p.m.	Sa	\$69
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Sew Vac Limited

BEYOND BEGINNING PHOTOGRAPHY

Learn to make photographs with improved color, sharpness and detail. Topics include exposure, white balance, flash, photographs close-up and low light. you'll receive help from the instructor on Saturday, 4/13 field session (1-3 p.m.). Bring your digital camera (with adjustable shutter and aperture) and owner's manual. Material fee: \$5.

Craig Fucile

30937	16 Yrs+	3/18-4/15	7-9 p.m.	M	\$55
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El Dorado Park West

BEYOND BEGINNING SEWING

This class is designed for students with basic sewing skills and experience following a pattern. Students will make a tunic top, unisex adult or children's pajama bottoms, skirt or kimono robe while learning additional skills such as inserting sleeves, seam finishing and attaching facings. Fee includes pattern and use of sewing machine. Please visit www.sewvacld.com for supply list. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach.

Sew Vac Inc

31172	18 Yrs+	3/11-3/25	6-9 p.m.	M	\$49
31173	18 Yrs+	5/10-5/24	2-5 p.m.	F	\$49

Sew Vac Limited

CERAMICS WORKSHOP

Learn basic ceramics techniques: coiling, slabbing, wheel, glazing, mold making and sculpture. All skill levels welcome. We fire to cone 6. Bring notepad, pencil and material fee to first class. Additional supplies will be needed, instructor will provide the list. Material fee: \$27. *No class: 4/21.

Anita Sinclair

30903	18 Yrs+	3/3-4/28*	12:30-3:30 p.m.	Su	\$55
30893	18 Yrs+	3/4-4/22	9 a.m.-noon.	M	\$55
30900	18 Yrs+	3/6-4/24	6-9 p.m.	W	\$55
30904	18 Yrs+	5/5-5/26	12:30-3:30 p.m.	Su	\$30
30896	18 Yrs+	5/6-5/27	9 a.m.-noon	M	\$30
30901	18 Yrs+	5/8-5/29	6-9 p.m.	W	\$30

Bixby Park

Anita Sinclair

30898	18 Yrs+	3/5-4/23	6-9 p.m.	Tu	\$55
30899	18 Yrs+	5/7-5/28	6-9 p.m.	Tu	\$30

DeForest Park

DRAWING FUNDAMENTALS

Yes. You CAN learn to draw. It is a skill that everyone can learn with practice. In this course, you will learn how to draw through a series of skill based focused exercises. You will learn contour line, positive/negative space, value, perspective, shading, composition, and more.

Anita Sinclair

30894	18 Yrs+	3/4-4/22	12:30-3:30 p.m.	M	\$55
30897	18 Yrs+	5/6-5/27	12:30-3:30 p.m.	M	\$30

Bixby Park

FAST QUILT

Come join the fun! Fast Quilt consists of making quilts with a sewing machine. You can do your own thing or the class project. This class is suitable for the beginner or more advanced. Material list at first class. You will need a sewing machine in good working condition. *No class: 5/26.

Sandra Szladek

31156	16 Yrs+	3/27-5/1	6:30-9 p.m.	W	\$33
31157	16 Yrs+	5/8-6/19*	6:30-9 p.m.	W	\$33

Wardlow Park

KNITTING AND CROCHET - BEGINNING AND BEYOND

Beginning or beyond, simple or spectacular. Learn or continue to knit or crochet in a welcoming and relaxed atmosphere. You will be delighted and inspired by all of the options waiting for you in the world of yarn. You can choose to advance current skills to take your knitting/crochet to the next level. Material fee: \$20-\$30. Class held at Alamitos Bay Yarn Company, 174 Marina Dr., Long Beach.

Sandra Carter		Los Alamitos Bay Yarn Company			
31154	16 Yrs+	3/5-3/26	6-7:30 p.m.	Tu	\$55
31155	16 Yrs+	4/2-4/23	6-7:30 p.m.	Tu	\$55

NUTS AND BOLTS OF QUILTING

Learn to quilt (or improve your quilting skills) by making a wall hanging or table runner. The skills you will learn include: rotary cutting, piecing, sandwiching and binding a quilt, and elementary machine quilting which will provide the foundation for all types of quilting. No prior sewing experience is required. Fee includes instructions and use of a sewing machine. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach. *No class: 5/6.

Sew Vac Inc		Sew Vac Limited			
31168	18 Yrs+	4/8-5/20*	6-9 p.m.	M	\$69

OIL PAINTING

Representational oil painting from observation. All skill levels welcome. We will focus on techniques, skill building, color mixing, composition and conceptual skills. *No class: 4/21.

Anita Sinclair		Bixby Park			
30895	18 Yrs+	3/3-4/28*	9 a.m.-noon	Su	\$55
30902	18 Yrs+	5/5-5/26	9 a.m.-noon	Su	\$30

PORTRAIT WORKSHOP

Come draw or paint live models with our national award winning artist instructor. Beginners through advanced students are welcome. Bring medium of choice: pencil, charcoal, pastel, oil or watercolor. Simple easels and drawing horses are provided. Demos and one-on-one instruction are provided. Material fee: \$5 payable to instructor at first class. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos. Additional parking in Super Media parking lot (Katella & Civic Center Dr.).

Ying Liu		Los Alamitos Community Center			
31217	16 Yrs+	4/6-5/25	9 a.m.-noon	Sa	\$80

SEWING MACHINE BOOT CAMP

Do you have a sewing machine you don't know how to use or are afraid to use? Learn how to use and maintain it and find out what all the knobs, buttons and accessories do. Please visit: www.sewvac ltd.com to download the supply list. No toy machines or sergers. Class held at Sew Vac Limited, 1762 Clark Ave., Long Beach.

Sew Vac Inc		Sew Vac Limited			
31169	18 Yrs+	3/12	6-9 p.m.	Tu	\$30
31170	18 Yrs+	4/9	6-9 p.m.	Tu	\$30
31171	18 Yrs+	5/18	1:30-4:30 p.m.	Sa	\$30

TRANSFORMING YOUR PHOTO INTO A BEAUTIFUL PAINTING

Have you ever wanted to create a nice painting from your photos-from a trip or of your family/friends? Students will observe and participate in the complete process of creating a painting from photos. The instructor will demonstrate how a painting is developed in oil, primarily, but also in watercolor or pastel. Bring your own painting gear and materials, including your favorite photos and enjoy your creativity. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos. Additional parking in lot at Katella & Civic Center Dr.

Ying Liu		Los Alamitos Community Center			
31218	16 Yrs+	4/10-5/8	6:30-9:30 p.m.	W	\$86

WATERCOLOR! PURE AND SIMPLE **NEW**

Does watercolor sound intimidating? Learn lots of sure fire techniques to draw out your inner artist. Class will explore wet into wet, dry brush, salt wash, resist, flat wash and infusion methods. We will work from observation as well as from invented sources. Material fee: \$25 (cash) due first day from new students only. Fun for all levels! *No class: 4/21.

Moira Hahn		El Dorado Park West			
31145	18 Yrs+	3/3-3/24	10 a.m.-noon	Su	\$75
31146	18 Yrs+	3/31-4/28*	10 a.m.-noon	Su	\$75
31147	18 Yrs+	5/5-5/26	10 a.m.-noon	Su	\$75

CAREER ENRICHMENT

CAREER EXPLORATION

Uncover your interests to make better career choices. Learn how existing skills transfer to other professions. A variety of assessments will be provided to get to know yourself better as it relates to work. Material fee: \$6 due first date of class. Bring pen and paper for exercises.

Victoria Westerskov		El Dorado Park West			
31215	18 Yrs+	4/16-4/30	7-9 p.m.	Tu	\$84

VOICE OVERS - NOW IS YOUR TIME!

You've heard Wendy Shapero on TV! (Robot Chicken with Seth Green, Cartoon Network shows, etc.) Now hear Wendy live as she illustrates how you could actually begin using your speaking voice for commercials, films and videos! New companies are looking for new voices like never before.

Such A Voice		El Dorado Park West			
31176	18 Yrs+	5/1	6:30-8:30 p.m.	W	\$45

DANCE

2 STEP AND SWING

Grab your boots and come learn the latest country dance patterns. You'll also swing in this class. No partner or experience needed. Class held at the Weingart Senior Center, 5220 Oliva Ave., Lakewood.

Janet Karter		Weingart Senior Center			
30435	18 Yrs+	2/20-3/27	7-8 p.m.	W	\$36
30436	18 Yrs+	4/3-5/8	7-8 p.m.	W	\$36

ADULT HIP HOP

Not only is this class a fun way to get a workout, but it's a great way to look better on the dance floor! For more information visit: www.anepennypackerdance.com. Class held at Marina Community Center, 151 Marina Dr., Seal Beach.

Anne Pennypacker		Marina Community Center			
31302	18 Yrs+	3/27-4/17	6:30-7:15 p.m.	W	\$57
31303	18 Yrs+	5/1-5/29	6:30-7:15 p.m.	W	\$67

ADULT TAP

This class is for those who wanted to tap or have had tap dancing before. Explore various styles of tap in fun routines. For more information visit: www.anepennypackerdance.com. Class held at Marina Community Center, 151 Marina Dr., Seal Beach.

Anne Pennypacker		Marina Community Center			
31314	18 Yrs+	3/28-4/18	7:15-8 p.m.	Th	\$57
31315	18 Yrs+	5/2-5/30	7:15-8 p.m.	Th	\$67

ALMOST BALLET

Learn to dance at any age. Class includes warm-ups, stretching, floor exercises, pilates, cool down and relaxation exercises. Please bring a mat and wear ballet slippers or socks. Fee per person, per class.

Mildred Caudillo		El Dorado Park West			
31139	18 Yrs+	3/1-3/29	10-11:15 a.m.	F	\$10
31140	18 Yrs+	4/5-4/26	10-11:15 a.m.	F	\$10
31141	18 Yrs+	5/3-5/31	10-11:15 a.m.	F	\$10

ARGENTINE TANGO

Friendly and patient instruction awaits for this beginner class. 8-count basic, ochos (forward/back), turns and walks. Partner is recommended. Fee per person, per class.

Mildred Caudillo

31142	18 Yrs+	3/1-3/29	6:45-8:30 p.m.	F	\$10
31143	18 Yrs+	4/5-4/26	6:45-8:30 p.m.	F	\$10
31144	18 Yrs+	5/3-5/31	6:45-8:30 p.m.	F	\$10

Wardlow Park

BELLY DANCE

A fun fitness and energizing dance. Burn calories, reduce stress, increase self-esteem, and trim/tone your body with graceful movements. Strengthen back and stomach muscles, improve stamina and flexibility to exotic music. The beginning class meets at 6:15 p.m., intermediate meets at 7:30 p.m. and advanced meets at 8:45 p.m.

Fahtiem

31012	14 Yrs+	3/4-4/1	6:15-7:15 p.m.	M	\$39
31014	14 Yrs+	3/4-4/1	7:30-8:30 p.m.	M	\$39
31016	14 Yrs+	3/4-4/1	8:45-9:45 p.m.	M	\$39
31013	14 Yrs+	4/22-5/20	6:15-7:15 p.m.	M	\$39
31015	14 Yrs+	4/22-5/20	7:30-8:30 p.m.	M	\$39
31017	14 Yrs+	4/22-5/20	8:45-9:45 p.m.	M	\$39

Wardlow Park

LATIN DANCE

Caliente! Spice up your next time on the dance floor with hot moves from salsa, cha cha, rumba and more! For more information visit: www.anpennypackerdance.com. Class held at Marina Community Center, 151 Marina Dr., Seal Beach.

Anne Pennypacker

31309	18 Yrs+	5/1-5/29	7:15-8 p.m.	W	\$67
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Marina Community Center

LINE DANCING

This class is sure to bring out the country in you. Come and meet new people. No partner or experience needed. Line dancing is fun to do at parties. Class held at the Weingart Senior Center, 5220 Oliva Ave., Lakewood.

Janet Karter

30438	18 Yrs+	2/20-3/27	6-7 p.m.	W	\$36
30439	18 Yrs+	4/3-5/8	6-7 p.m.	W	\$36

Weingart Senior Center

WEDDING SURVIVAL



Whether getting married, mother/son, father/daughter or simply attending a wedding, this class will prepare you to look your best on the dance floor! For more information visit: www.anpennypackerdance.com. Class held at Marina Community Center, 151 Marina Dr., Seal Beach.

Anne Pennypacker

31312	18 Yrs+	3/28-4/18	6:45-7:15 p.m.	Th	\$48
31313	18 Yrs+	5/2-5/30	6:45-7:15 p.m.	Th	\$60

Marina Community Center

WEST COAST, NIGHTCLUB AND MORE!

This class will get you and your partner dancing swinging styles of rhythm dances from the west coast to the east coast! With fun music from blues to big band, to popular fast music of today, you will be a star on all the dance floors! For more information visit: www.anpennypackerdance.com. Class held at Marina Community Center, 151 Marina Dr., Seal Beach.

Anne Pennypacker

31308	18 Yrs+	3/27-4/17	7:15-8 p.m.	W	\$57
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Marina Community Center

DOG TRAINING

BEGINNING DOG OBEDIENCE

Help your dog develop respect for you and become a reliable, well-mannered member of your family without the use of food in your training. All breeds, 5 months and older (large breeds 4 months), may enroll. AKC Novice obedience exercises and behavior problem solving. Trophies and certificates awarded at graduation. First meeting without dogs. Bring shot records and lawn chair. For more information please visit: www.dogclassinfo.com or (714) 532-3647. Material fee: \$10. Class held at El Dorado Park Hockey Court or San Martin Park, 5231 Ocana Ave., Lakewood.

Dog Services Unlimited

30986	10 Yrs+	4/25-6/6	7:45-8:45 p.m.	Th	\$98
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El Dorado Park West

Dog Services Unlimited

30987	10 Yrs+	4/9-5/21	7-8 p.m.	Tu	\$98
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San Martin Park

DOG BEHAVIOR TRAINING 101 POSITIVE REINFORCEMENT

Help your dog become a well behaved member of your family without the use of fear or intimidation (no choke chains or prong collars). Learn how to strategically use a variety of real life rewards and consequences, as well as how to decrease rewards as behaviors are learned. This class will cover foundation behaviors, basic commands used in real life, and more! For dogs 4 months and older with current vaccines. Material fee: \$10. For more information: (714) 821-6622 or crossroadspetresort.com. *No class: 4/20.

Crossroads Country Club Pet Resort

30938	10 Yrs+	4/6-5/11*	9:30-10:30 a.m.	Sa	\$95
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Marina Vista Park

DOG BEHAVIOR TRAINING 201 POSITIVE REINFORCEMENT

Continue to enhance your relationship with your dog by building on the foundation behaviors you learned in our 101 class. Practice more advanced real life commands with added distance, duration, distractions and more! Vaccines must be current. Material fee: \$10. For more information: (714) 821-6622 or crossroadspetresort.com. *No class: 4/20.

Crossroads Country Club Pet Resort

30939	10 Yrs+	4/6-5/11*	10:30-11:30 a.m.	Sa	\$95
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Marina Vista Park

DOG FRISBEE FUN

In this one day workshop your dog can start learning the fun sport of Disc-Dog Toss-N-Fetch. The instructor will teach proper Frisbee throwing techniques, safety and an introduction to some fun stunts, including spins and weaving through your legs. Dogs must be 5 months or older. Please bring your vaccination records. Pre-Registration Mandatory. For more information please visit: www.dogclassinfo.com or call (714) 532-3647. Material fee: \$5 payable at class (includes a frisbee).

Dog Services Unlimited

30988	10 Yrs+	3/31	4-5:30 p.m.	Su	\$28
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Hockey Court El Dorado Park West

DOG MANNERS - "CRASH COURSE"

Accomplish your dog training goals and correct behavior problems in just four 75 minute lessons. Commands include: sit and down, stay with distractions, come when called and controlled walking on a leash. For all breeds 5 months and older. Dogs attend all meetings. Pre-registration is required. Bring shot records. For more information please visit: www.dogclassinfo.com Insurance material fee: \$5. Class held at El Dorado Park West Hockey Court or Laurel Park at Katella & Bloomfield in Los Alamitos.

Dog Services Unlimited

30989	10 Yrs+	3/30-4/20	1:15-2:30 p.m.	Sa	\$86
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Hockey Court El Dorado Park West

Dog Services Unlimited

30990	10 Yrs+	4/4-4/25	6-7:15 p.m.	Th	\$86
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Laurel Park

PUPPY KINDERGARTEN

Start you new puppy out on the right paw! Pups ages 2-5 months will learn socialization and basic commands (sit, stay, come, and walk nicely on a leash). Includes help with puppy behavior problems (chewing/teething, housebreaking, jumping, etc.). First meeting without puppies. Bring current shot records. For more information please visit: www.dogclassinfo.com Material fee: \$10.

Dog Services Unlimited

30991 10 Yrs+ 3/30-5/4

Hockey Court El Dorado Park West

noon-1 p.m. Sa \$88

ENRICHMENT

FASHION MAKEUP - CLASSIC TO GLAMOUR

Part One: "Creating the Classic Face" Designed for beginners, learn the fundamentals of fashion makeup while creating the "Classic Face", a makeup style for every day. Learn how to apply foundation, eye shadows, eyeliners, mascara, powder, blush, and more. Part Two: "Creating the Glamorous Face" Learn how to transform the "Classic Face" into the "Glamorous Face" for those special events. Techniques taught include; smoky eyes, highlighting, contouring, and more. All products and supplies included for both parts of this series. For questions, contact instructor: rbnimis@yahoo.com

Rodolfo Nimis

31148 16 Yrs+ 3/3 noon-4 p.m.
31149 16 Yrs+ 4/7 noon-4 p.m.
31150 16 Yrs+ 5/5 noon-4 p.m.

Heartwell Park

Su \$75
Su \$75
Su \$75



GUIDED AUTOBIOGRAPHY NEW

Alison Cotter is a certified instructor in Guided Autobiography (GAB). She helps adults write about their life in a meaningful, inspiring and fun way. Each GAB workshop features a new theme and writing prompts to spark the imagination. You will write one to two pages, read your story to the group and listen as others read. Discussion focuses on ideas and discoveries, not on writing style or quality. Beginners welcome! Bring pen/paper or laptop. Class held at Los Alamitos Community Center, 10911 Oak St., Los Alamitos.

Alison Cotter

30892 18 Yrs+ 3/6
31336 18 Yrs+ 4/3
31337 18 Yrs+ 5/1

Los Alamitos Community Center

10 a.m.-noon W \$32
10 a.m.-noon W \$32
10 a.m.-noon W \$32

INTRO TO IMPROV COMEDY

Fun, fast-paced workshop focuses on characterization and spontaneity through improvised scenes and games. Emphasis on a creative, supportive environment, making strong choices and increasing confidence. Class held at the Expo Arts Center, 4321 Atlantic Blvd., Long Beach.

Darren Held

30950 18 Yrs+ 3/7-4/25 7-9:15 p.m.
30951 18 Yrs+ 5/9-6/27 7-9:15 p.m.

Expo Arts Center

Th \$195
Th \$195

FITNESS

40-30-20 INTERVAL TRAINING

A new body, a new you! Lose fat while increasing your strength, endurance, flexibility, and cardiovascular fitness with workouts that are fun, challenging, and never boring. Become Lean, Agile, Strong, Toned during 40, 30, and 20 second Tabata Boot camp-style exercise intervals that change your body and give you lasting results. All fitness levels welcome. Bring mat. Walk-in fee available. *No class: 4/1 & 4/29.

Tami Santy

31183 16 Yrs+ 3/4-4/8* 6-6:45 p.m.
31184 16 Yrs+ 4/15-5/20 6-6:45 p.m.

Recreation Park

M \$55
M \$55

AEROBICS LITE

Great for starters! Great if you're getting back into exercise! Music has a slower tempo and aerobic moves are easy to follow. Bring a mat, light hand weights (1-5 lbs) and water. Walk in fee available.

Tracey Wiltse

31422 18Yrs+ 3/1-3/29 8:30-9:30 a.m.
31423 18Yrs+ 4/1-4/29 8:30-9:30 a.m.
31424 18Yrs+ 5/1-5/31 8:30-9:30 a.m.

Recreation Park

M W F \$35
M W F \$35
M W F \$35

AFFIRMATIONS AND HATHA YOGA

Hatha yoga is a gentle, yet complete system of health and fitness that helps us attain optimum wellness and vitality. It includes deep breathing techniques, stretching exercise, positive affirmations and ending with a complete relaxation oneness with the body, mind and spirit. 6 week sessions.

Irene Holsters

31039 18Yrs+ 3/11-4/15 6:45-8 p.m.
31041 18Yrs+ 3/13-4/17 6:45-8 p.m.
31040 18Yrs+ 4/22-5/27 6:45-8 p.m.
31042 18Yrs+ 4/24-5/29 6:45-8 p.m.

El Dorado Park West

M \$60
W \$60
M \$60
W \$60

B.L.A.S.T. TOTAL BODY FITNESS

This full-body workout boosts your metabolism, blasts away inches and helps you Become Lean, Agile, Strong, Toned. It's the perfect combination of strength, cardio and agility movements. Bodyweight exercises and fitness toys make this class fun. All levels welcome. Bring dumbbells, resistance tube and mat. Walk in fee available. *No class: 4/2 & 4/30.

Tami Santy

31187 16 Yrs+ 3/5-4/9* 6-7 p.m.
31188 16 Yrs+ 4/16-5/21* 6-7 p.m.

El Dorado Park West

Tu \$55
Tu \$55

HATHA FLOW YOGA - USING A CHAIR AS A PROP

Yoga postures are available to everyone when using a chair as a prop. A prop is a tool used in yoga to create optimal body alignment, and make specific actions or poses accessible to those who may not otherwise be able to perform the posture due to physical limitations or fatigue. This approach to yoga offers the student a full practice without the effort of getting up and down from the floor. We stand, sit, lie, move, bend and twist in these practices. Chairs are provided. Please bring: yoga mat, blanket, eye cover, strap and blocks. Walk in fee is available. *No class: 4/23 & 4/25.

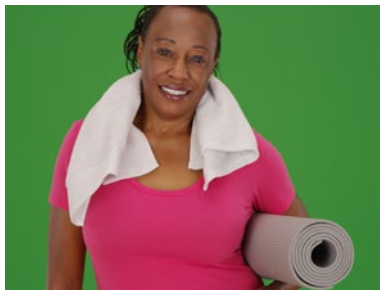
David Allen Arnette

30970	16 Yrs+	3/5-3/26	11 a.m.-12:30 p.m.	Tu	\$44
30958	16 Yrs+	3/7-3/28	11 a.m.-12:30 p.m.	Th	\$44
30976	16 Yrs+	3/5-3/28	11 a.m.-12:30 p.m.	Tu Th	\$76
30971	16 Yrs+	4/2-4/30*	11 a.m.-12:30 p.m.	Tu	\$44
30959	16 Yrs+	4/4-4/25*	11 a.m.-12:30 p.m.	Th	\$33
30977	16 Yrs+	4/2-4/30*	11 a.m.-12:30 p.m.	Tu Th	\$67
30960	16 Yrs+	5/2-5/30	11 a.m.-12:30 p.m.	Th	\$55
30978	16 Yrs+	5/2-5/30	11 a.m.-12:30 p.m.	Tu Th	\$86
30972	16 Yrs+	5/7-5/28	11 a.m.-12:30 p.m.	Tu	\$44

Whaley Park

YOGA FOR HEALTH AND WELLNESS

Dr. Arnette combines many styles of yoga for an enlivening and healing practice of yoga. His blend of ansana, breathing, meditation, vinyasa, knowledge, wisdom and insight creates a well-balanced and fun class! Come practice with us. Please bring an able body, mat, strap, blanket and blocks. Walk in fee available.



David Allen Arnette

30964	16 Yrs+	3/5-3/26	6-7:30 p.m.	Tu	\$44
30979	16 Yrs+	3/5-3/28	6-7:30 p.m.	Tu Th	\$76
30952	16 Yrs+	3/7-3/28	6-7:30 p.m.	Th	\$44
30965	16 Yrs+	4/2-4/30	6-7:30 p.m.	Tu	\$55
30953	16 Yrs+	4/4-4/25	6-7:30 p.m.	Th	\$44
30980	16 Yrs+	4/2-4/30	6-7:30 p.m.	Tu Th	\$86
30954	16 Yrs+	5/2-5/30	6-7:30 p.m.	Th	\$55
30981	16 Yrs+	5/2-5/30	6-7:30 p.m.	Tu Th	\$86
30966	16 Yrs+	5/7-5/28	6-7:30 p.m.	Tu	\$44

Whaley Park

CSI - CARDIO SCULPT LOW-IMPACT AEROBICS

CSI-Low Impact Aerobics says it all! Increase cardio endurance, build core strength + balance with mat pilates, weights and bands. Interval format Wednesday. All fitness levels. Bring mat water and weights. Walk-in fee available.

Marilynn Bodnar

31107	12 Yrs+	3/4-3/25	5:30-6:30 p.m.	M W	\$24
31108	12 Yrs+	4/1-4/29	5:30-6:30 p.m.	M W	\$24
31109	12 Yrs+	5/1-5/29	5:30-6:30 p.m.	M W	\$24

El Dorado Park West

FUSION PILATES CONDITIONING

A wonderful mix of mindful pilates, classical yoga and therapeutic stretching that makes this class unique. This class will focus on core stability, natural alignment and relieving tension. You will feel revitalized! Bring a mat and water. Walk in fee available. For more information please visit: www.evelyngrauten.com. *No class: 4/10, 4/12, 4/24 & 4/26.

Evelyn Grauten

30998	18 Yrs+	3/6-3/29	9:45-10:45 a.m.	W F	\$68
30999	18 Yrs+	4/3-5/3*	9:45-10:45 a.m.	W F	\$51
31000	18 Yrs+	5/8-5/31	9:45-10:45 a.m.	W F	\$68

Recreation Park

KUNDALINI YOGA AND MEDITATION

Kundalini yoga and meditation is a process of self discovery. You will learn how to gain a strong immune system, vital glands, a strong nervous system and good circulation. It will guide your awareness of your mental patterns, emotions and feelings, your energy, heart and soul. Walk in fee available. *No class: 4/21.

Seventh Chakra Yoga

31158	18 Yrs+	3/3-3/31	11 a.m.-12:30 p.m.	Su	\$75
31159	18 Yrs+	4/7-4/28*	11 a.m.-12:30 p.m.	Su	\$45
31160	18 Yrs+	5/5-5/26	11 a.m.-12:30 p.m.	Su	\$60

El Dorado Nature Center

PILATES

Not just your core. Pilates integrates movements that work your entire body. Build strength, endurance and flexibility. Classes consist of mixed levels. Exercises adapted for beginners to advanced. Fun and hard-work, Pilates is a time-tested discipline that delivers.

Elizabeth Markley

30992	16 Yrs+	3/4-3/25	6:30-7:30 p.m.	M	\$50
30993	16 Yrs+	4/1-4/22	6:30-7:30 p.m.	M	\$50
30994	16 Yrs+	4/29-5/20	6:30-7:30 p.m.	M	\$50

Bixby Park

PILATES BARRE FITNESS

This is a new popular and very fun form of fitness. Enjoy a series of core, leg and arm strengthening exercises using various Pilates equipment, provided by instructor, including a portable balance barre. Walk-in fee available. Instructor is STOTT Pilates certified. For more information visit: www.evelyngrauten.com. *No class: 4/10 & 4/24.

Evelyn Grauten

31004	18 Yrs+	3/6-3/27	11 a.m.-noon	W	\$36
31005	18 Yrs+	4/3-5/1*	11 a.m.-noon	W	\$36
31006	18 Yrs+	5/8-5/29	11 a.m.-noon	W	\$36

Recreation Park

PILATES ON THE BALL

A tough class, not for beginners. Take your strength, stamina and flexibility to new levels. Previous experience is helpful but not essential. Bring inflated, size appropriate, balance ball, mat, strap and a sense of humor.

Elizabeth Markley

30995	16 Yrs+	3/4-3/25	7:35-8:35 p.m.	M	\$50
30996	16 Yrs+	4/1-4/22	7:35-8:35 p.m.	M	\$50
30997	16 Yrs+	4/29-5/20	7:35-8:35 p.m.	M	\$50

Bixby Park

POWER BARRE

Power Barre is a smooth flowing workout that will tone your entire body along with improving balance and flexibility. Nonstop movements are performed at two tempos; the faster intervals burn fat, the same motions at a slower pace builds muscle. This method is influenced by classical dance, but is not a dance class. Please visit the website: <http://www.jgparks martialarts.com>. Class held at the U.S. Taekwondo Academy, 12233 Centralia St., Lakewood.

Cynthia Markopolos

31101	13 Yrs+	3/4-3/28	7:10-8 p.m.	M Th	\$65
31102	13 Yrs+	4/1-4/29	7:10-8 p.m.	M Th	\$65
31103	13 Yrs+	5/2-5/30	7:10-8 p.m.	M Th	\$65

U.S. Taekwondo Academy

POWER TAE FITNESS

Power Tae Fitness, created by Grand Master J.G. Park, is a great workout to lose weight fast and tone your muscles. This class combines Taekwondo, aerobics, boxing and cardio-weight movements done to high energy up beat music. If you like Tae Bo you'll love this class. Please visit the website: <http://www.jgparks martialarts.com>. *Class on Wednesdays is from 7:10-8 p.m. and Saturdays from 8:30-9:20 a.m. Class held at the U.S. Taekwondo Academy, 12233 Centralia St., Lakewood.

Cynthia Markopolos

31104	13 Yrs+	3/2-3/30	8:30-9:20 a.m.*	W Sa	\$65
31105	13 Yrs+	4/3-4/27	7:10-8 p.m.*	W Sa	\$65
31106	13 Yrs+	5/1-5/29	7:10-8 p.m.*	W Sa	\$65

U.S. Taekwondo Academy

TAI CHI AND QIGONG

An ancient Chinese exercise that relaxes the mind and body through slow, controlled movements. It also helps enhance balance and memory.

Howard Richner

31034	18 Yrs+	2/26-4/9	7-8:30 p.m.	Tu	\$56	Recreation Park
31037	18 Yrs+	4/16-5/28	7-8:30 p.m.	Tu	\$56	
Howard Richner						Bixby Park
31038	18 Yrs+	3/9-4/20	9:30-11 a.m.	Sa	\$56	
31035	18 Yrs+	3/14-5/16	7:30-8:30 p.m.	Th	\$56	

ZUMBA® EN ESPAÑOL

A Zumba class in Spanish! Have fun while you tone up and dance the stress away. Una clase de Zumba en Espanol! Diviértete y mantente saludable. Despidete del estres y disfrutale a lo maximo mientras tonificas tu cuerpo. Precio por persona, por clase. Clase en el Parque Silverado.

Carmen Valdivia

30920	18 Yrs+	3/5-3/28	9-10 a.m.	Tu Th	\$2	Silverado Park
30921	18 Yrs+	4/2-4/30	9-10 a.m.	Tu Th	\$2	
30922	18 Yrs+	5/2-5/30	9-10 a.m.	Tu Th	\$2	

Adults aged 18–64 should do at least 150 minutes of moderate-intensity aerobic physical activity throughout the week.

World Health Organization

Hundreds of classes available online

ed2go Online Classes

at www.lbparks.org

Classes Start Monthly

March

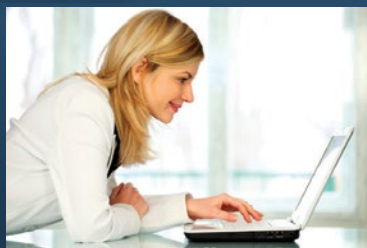
• 31330

April

• 31331

May

• 31332



ed2go topics include:

Computer skills for the workplace
Creating Webpages
Guiding Kids on the Internet
Microsoft Word, Excel, QuickBooks
Teaching with a Smart board
Speed Spanish Online

\$95 per class

Enroll online at lbparks.org • 562-570-3148

MUSIC

GUAVA GROOVE UKULELE

Would you like to learn to play ukulele? If so, this class is for you! It will introduce you to all the basics of ukulele: chords, strumming and songs. Bring your ukulele and tell a friend! Material fee: \$2.

Hoku Bray

31030	13 Yrs+	3/4-4/8	6-7 p.m.	M	\$65	College Estates Park
31031	13 Yrs+	4/15-5/20	6-7 p.m.	M	\$65	

GUAVA GROOVE UKULELE - INTERMEDIATE

Are you ready for more than the basics? This class is for you. We will look at more complex progressions and will take a look at tablature! Bring a uke! Material fee: \$2.

Hoku Bray

31032	13Yrs+	3/4-4/8	7:15-8:15 p.m.	M	\$65	College Estates Park
31033	13Yrs+	4/15-5/20	7:15-8:15 p.m.	M	\$65	

GUITAR - BEGINNER

Learn guitar in a pressure free environment. We will cover basic chords, strumming and the skills you need to play the songs you love. Acoustic guitar required. Material fee: \$5.

Daniel Howe

30942	18 Yrs+	3/6-4/3	7:35-8:35 p.m.	W	\$65	Whaley Park
30943	18 Yrs+	4/10-5/8	7:35-8:35 p.m.	W	\$65	

GUITAR - INTERMEDIATE

Delve further into the fun of guitar. We will cover complex chords, scales finger-picking and more. Completion of Guitar - Level I or instructor's approval required. Material fee \$5.

Daniel Howe

30944	18 Yrs+	3/6-4/3	8:40-9:40 p.m.	W	\$65	Whaley Park
30945	18 Yrs+	4/10-5/8	8:40-9:40 p.m.	W	\$65	

SPORTS

FENCING

From an ancient art of noble defense to a modern Olympic sport, fencing can be enjoyed by everyone. Learn the basics of foil fencing (stance, attacks and defenses) and improve your coordination, balance and mental agility. Wear loose clothing and tennis shoes. Pre-registration required. Cash material fee: \$10 due on first day of class.

Orange Coast Fencing Academy

31193	8 Yrs+	3/5-3/26	7:35-9:25 p.m.	Tu	\$50	Whaley Park
31194	8 Yrs+	4/2-4/23	7:35-9:25 p.m.	Tu	\$50	
31195	8 Yrs+	4/30-5/21	7:35-9:25 p.m.	Tu	\$50	

HORSE FUN

Students are taught basic horsemanship, safety, riding, grooming and leading. This class will prepare participants for individual lessons and give them a better sense of horse ownership. Wear closed toe shoes (riding boots are best), long pants, and bring a helmet. No unregistered siblings allowed. Material Fee: \$25. Class held at El Rodeo Stables, 4449 Carbon Canyon Rd., Brea.

Fun With Horses

31025	13 Yrs+	3/2-3/23	3-4 p.m.	Sa	\$85	El Rodeo Stables
31026	13 Yrs+	3/30-4/20	3-4 p.m.	Sa	\$85	
31029	13 Yrs+	5/4-5/25	3-4 p.m.	Sa	\$85	

JUJITSU

Japanese jujitsu self defense. Students learn throws, locks and holds to control a larger opponent. One on one instruction for beginners and advanced students. New students start first Monday or Wednesday of each month. Award-winning instructor with over 35 years in Long Beach. For more information please visit: www.LakewoodBudoKai.com. *No class: 3/25, 4/22, 5/20 & 5/27.

Russell Kelley

31349	13 Yrs+	3/1-3/29*	7-8 p.m.	Whaley Park	M W F \$45
31350	13 Yrs+	4/1-4/29*	7-8 p.m.		M W F \$45
31351	13 Yrs+	5/1-5/31	7-8 p.m.		M W F \$45

KARATE

This traditional Japanese Karate retains all traditions of ancient art. The philosophy of Karate will help develop a better form of discipline and respect. Consistent training helps students become stronger and develop confidence. Karate will teach students the customs and courtesies of the Japanese culture. *No class: 5/27.

Jony Martinez

31075	12 Yrs+	3/1-3/29	7:15-8:30 p.m.	Cesar Chavez Park	M W F \$75
31076	12 Yrs+	4/1-4/29	7:15-8:30 p.m.		M W F \$75
31077	12 Yrs+	5/1-5/31*	7:15-8:30 p.m.		M W F \$75

KARATE

Okinawan Shorin Ryu Karate. Learn punches, strikes and kicks to defend against an attack. One on one instruction for beginners and advanced students. New students start first Monday or Wednesday of each month. Award-winning instructor with over 35 years in Long Beach. Please visit www.LakewoodBudoKai.com. *No class: 3/25, 4/22, 5/20 & 5/27.

Russell Kelley

31355	13 Yrs+	3/1-3/29*	8-9 p.m.	Whaley Park	M W F \$45
31356	13 Yrs+	4/1-4/29*	8-9 p.m.		M W F \$45
31357	13 Yrs+	5/1-5/31*	8-9 p.m.		M W F \$45

MIXED MARTIAL ARTS

Learn discipline, practical self-defense techniques and get into shape while learning Muay Thai Kick Boxing, Brazilian Jiu Jitsu and wrestling. Uniforms are available for \$35. Testing fee is \$40.

Michael J. Rice

31130	18 Yrs+	3/1-3/29	8-9 p.m.	El Dorado Park West	Th F \$50
31131	18 Yrs+	4/4-4/26	8-9 p.m.		Th F \$50
31132	18 Yrs+	5/2-5/31	8-9 p.m.		Th F \$50

NEVER TOO LATE TO ICE SKATE

Class fee includes ice skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: W 7:10-7:40 p.m. or Sa 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration is required. Class held at The Rinks Lakewood Ice, 3975 Pixie Ave., Lakewood.

Ice Management LLC

31255	15 Yrs+	3/6-3/27	6:40-7:10 p.m.	The Rinks Lakewood Ice	W \$45
31256	15 Yrs+	3/9-3/30	10:15-10:45 a.m.		Sa \$45
31257	15 Yrs+	4/3-4/24	6:40-7:10 p.m.		W \$45
31258	15 Yrs+	4/6-4/27	10:15-10:45 a.m.		Sa \$45
31259	15 Yrs+	5/1-5/22	6:40-7:10 p.m.		W \$45
31260	15 Yrs+	5/4-5/25	10:15-10:45 a.m.		Sa \$45

SHOTOKAN KARATE

Shotokan, a Japanese karate developed from various martial art of "empty hand" fighting. To learn the Shotokan style one begins with humility. Shotokan is not only self defense karate but discipline of the mind. Students of any age will develop valuable self defense skills, self control and self discipline, improve concentration, coordination and focus. Please wear loose fitting clothing (preferably white). Uniforms are available for an additional \$40 (regardless of the size). *No class: 4/12 & 4/13.

Antonio Silva

30905	18 Yrs+	3/1-3/30	7-8 p.m.	Bixby Park	F Sa \$40
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Natural Gas Safety

IMPORTANT INFORMATION REGARDING YOUR RESPONSIBILITY AS A NATURAL GAS CUSTOMER

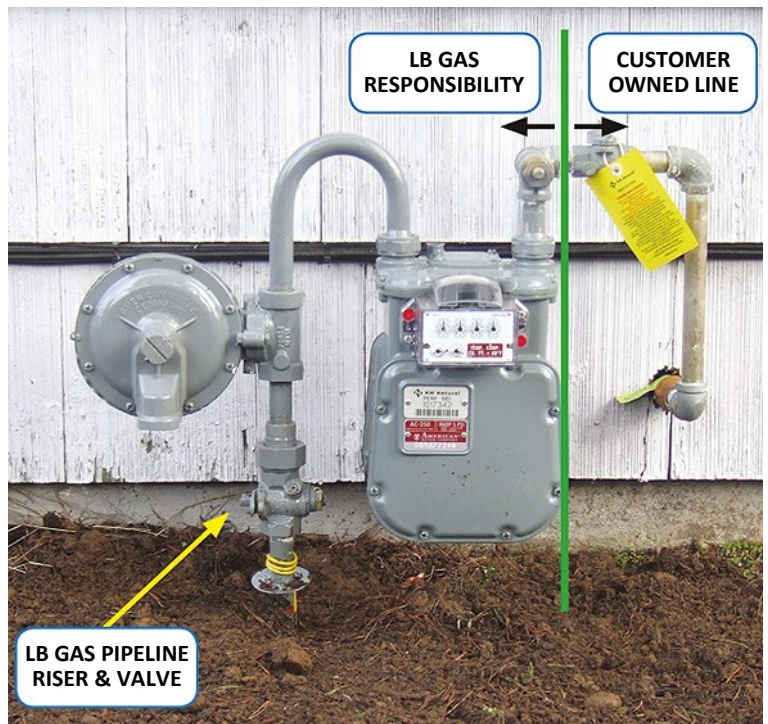
- Long Beach Energy Resources (LB Gas) maintains all pipe and equipment, including the meter and regulator, on our side of the line shown in the image.
- LB Gas is federally mandated to periodically inspect this area for corrosion, leakage and damage.
- Customers are responsible for maintaining all equipment and piping on their side of the line shown in the image. This includes all houselines to appliances and any buried fuel lines to outdoor appliances.
- Houselines need to be periodically inspected by a licensed plumber for leakage, damage, and corrosion to remain safe for use.

CITY OF
LONG BEACH
ENERGY RESOURCES

24-Hour Emergency Line: (562) 570-2140

www.lbenergyresources.org

www.facebook.com/GO.COLB.ER





WE PROVIDE EDUCATION FOR OUR COMMUNITY

LBCC has a number of **FREE** classes aimed to help with your personal or professional development.

HOME REMODELING COURSES

615A Tiling

Mondays and Wednesdays • 6 p.m. – 9 p.m.
March 4 – March 27, and April 15 – May 8

6158 Drywall

Tuesdays and Thursdays • 6 p.m. – 9 p.m.
March 5 – March 28, and April 16 – May 9

615C Painting

Saturdays • 8 a.m. – 11:50 a.m.
March 9 – April 6, and April 20 – May 18

FORKLIFT DRIVING

One of LBCC's most popular classes! Take just 8 sessions and be certified to operate a forklift!

Students will be certified in Standing Forklift Driving, Sitting Forklift Driving, and Pallet Removal.

WANT SIGN UP OR LEARN MORE?

Contact Stephanie Lewis,
Adult Education Director

(562) 938-3330

LB LONG BEACH
CITY COLLEGE
www.LBCC.edu

ENGLISH FOR EVERYDAY AND READING FOR ESL STUDENTS

These FREE courses at LBCC's Pacific Coast Campus are designed to bring students' English speaking, reading, and writing skills up to college-level. Emphasis is on the mastery of productive grammatical features, and comprehension of spoken and written standard North American English.

And coming soon! FREE "English as a Second Language" LBCC classes in YOUR community at the Jenny Oropeza Elementary School, Long Beach YMCA, Centro CHA, Bonnie Smith Elementary and Long Beach Salvation Army.

An **LBT**inerary designed for spring chickens like **you**.



CONNECTED
SENIORS CLUB

Water exercise classes at King Park Pool

Route 71



Spend a day with the family in Seal Beach

Route 131



Take a walk around the Earl Burns Japanese Garden

Route 121



Catch a movie at the Pike Outlets

Passport



Springtime is in the air, and Long Beach is buzzing with activities and experiences you won't want to miss. We're on the route to all of these great spots - so grab your friends, plan your trip and make amazing memories all spring long. There's no limit to what you can do when you explore Long Beach by bus. Visit lbtransit.com/seniors to get your Senior TAP Card and join the Connected Seniors Club.



ADULT SPORTS LEAGUES

5001 Deukmejian Drive • (562) 570-1725
Visit: teamsideline.com/longbeach

ADULT BASEBALL



Adult League - 9-18 players. Ten games plus playoffs for qualifying teams. Games played Sundays at local schools and parks. Team fee: \$480. Call (562) 570-1736 or visit us online at www.teamsideline.com/longbeach to register a team or sign up as an individual player. Two umpires per game, game day fees \$70/ team, per game. Limited space per season.

ADULT BASKETBALL

Register by team at the Sports Office or online at www.teamsideline.com/longbeach. Men's and Coed Divisions available. 5-12 players allowed on a team. Team fee: Men's \$300 (10 games), Coed \$232 (8 games). Single elimination playoff games will be scheduled for qualifying teams.



Two officials assigned to each game (\$25/team, per game). Individual participants interested in playing in the league can be added to the program's "Free Agent" list. Call the Sports Office at (562) 570-1731 or visit us online at www.teamsideline.com/longbeach for more information.

ADULT KICKBALL



Register by team only at the Sports Office or online at www.teamsideline.com/longbeach, 9-15 players. Ten games plus playoffs. Games played Thursdays at local schools and parks.

Team fee: \$325. Call (562) 570-1725 or visit us online at www.teamsideline.com/longbeach to register a team or sign up as an individual player.

ADULT SOFT BALL

One official assigned, game day fee \$14/team, per game.

WEEKNIGHT SLOWPITCH LEAGUE MEN'S AND COED

10-16 players in Novice, Intermediate and Advanced Divisions. Ten games plus possible playoffs. Coed leagues-16 player max; Men's and Women's teams 15 player max. Team fee: \$450. Call (562) 570-1734 or visit us online at www.teamsideline.com/longbeach for registration information.



WEEKEND SLOWPITCH LEAGUES - MEN'S & COED

Individuals interested in softball leagues will be added to an individual players list given to managers at registration time. Team fee: \$350. Call (562) 570-1734 or visit us online at www.teamsideline.com/longbeach for more information.

SOFTBALL - AGES 55 & UP

Saturday team registration at the Sports Office. 12 games. Team fee: \$265. Call (562) 570-1736 or visit us online at www.teamsideline.com/longbeach for more information.

ADULT VOLLEYBALL

Register by team at the Sports Office or at www.teamsideline.com/longbeach. Men's, Women's and Coed Divisions available. 5-12 players allowed on a team. Team fee: \$340 (10 matches). Single elimination playoff games will be scheduled for qualifying teams. One official assigned to each match. \$14/ team, per match.



Individuals interested in playing in the league can be added to the program's "Free Agent" list. Call the Sports Office at (562) 570-1725 or visit us at www.teamsideline.com/longbeach for more information.

NEW ADULT FUTSAL LEAGUE

Register by team at the Sports Office or at www.teamsideline.com/longbeach. Five players per team. Eight-game season with the possibility of playoffs. Saturday and Sunday games at Bayshore Hockey Rink. Team fee: \$280, plus \$16 per game officiating fee.



Long Beach Parks, Recreation and Marine offers classes and activities at many of these convenient locations!

AMENITIES: 1 - BALLFIELD; 2 - BASKETBALL; 3 - TENNIS; 4 - VOLLEYBALL; 5 - CENTER; 6 - PLAYGROUND; 7 - PICNIC AREA; 8 - POOL; 9 - SKATE PARK; 10 - GYM; 11 - ROLLER HOCKEY; 12 - DOG FACILITY; 13 - COMMUNITY GARDENS; L - LIGHTED; LK - LAKE; R - RESERVABLE COMMUNITY CENTER

PARK FACILITIES

1 E1 Admiral Kidd, 2125 Santa Fe Ave., 570-1600 - 12.88 acres	1L, 2L, 5R, 6, 7	5 F2 Cesar E. Chavez, 401 Golden Ave., 570-8890 - 33.21 acres	2L, 5, 6, 7
16 C2 Baker Street, 625 Baker St., 570-3100 - 1.5 ares	6, 7	6 B3 Cherry, 1901 E. 45th St., 570-1615 - 10.19 acres	1L, 2L, 3L, 5, 6, 7, 11C
2 G5 Bayshore, 5415 E. Ocean Blvd. - 1.21 acres	2, 4, 6, 7, 11	7 F6 College Estates, 808 Stevely Ave., 570-1617 - 2.31 acres	2, 3, 4, 5R, 6, 7
3 F3 Bixby, 130 Cherry Ave., 570-1601 - 17.84 acres	4, 5R, 6, 7, 9	8 F5 Colorado Lagoon, 5119 E. Colorado St. - 27.50 acres	6, 7
4 B3 Bixby Knolls, 1000 San Antonio Dr., 570-1604 - 3.93 acres	4, 5, 6, 7	9 A2 Coolidge, 352, E. Neece St., 570-1618 - 6.09 acres	1L

PARK FACILITIES (continued)			
26	F3	Craftsman Village Park, 850 Orange Ave., 570-3100- .34 acre	6,7
10	B4	Davenport (Ed "Pops"), 2910 E. 55th Way - 11.64 acres	2, 6, 7
11	A2	DeForest, 6255 DeForest Ave., 570-1620 - 16.01 acres	1L, 2L, 3L, 4L, 5, 6, 7
12	F2	Drake, 951 Maine Ave., 570-1625 - 6.61 acres	1L, 2L, 3L, 4, 5R, 6, 7, 9
18	F2	East Village Arts, 150 Elm Ave. - .09 acres	
14	D7	El Dorado Regional East, 7550 E. Spring St., 570-1771 - 389.49 acres	6, 7, 13, LK
15	D7	El Dorado Nature Center, 7550 E. Spring St., 570-1745 - 99.47 acres	5, 7, LK
16	D6	El Dorado West, 2800 Studebaker Rd., 570-3225	1L, 2L, 3L, 4, 5R, 6, 7, 9, 11, LK
77	E2	Fourteenth Street Park, 570-1608 2.01 acres	2,6,9
17	E4	Freeman Community Center, 1205 Freeman Ave., 570-8688	
18	D6	Good Neighbor, 2800 Studebaker Road, .90 acre	
19	F2	Golden Shore Marine Biological Reserve, Golden Shore Ave. - 9.27 acres	
78	B2	Grace Park, Plymouth St. and Elm Ave., 570-3100 - 1.19 acres	
20	G2	Harry Bridges Memorial at the Queen Mary, 1126 Queens Hwy. - 4.19 acres	7
21	C5	Heartwell, 5801 E. Parkcrest St., 570-1635 - 125.41 acres	1L, 2L, 5, 6, 7, 11, LK
22	E3	Homeland Cultural Center, 1321 Anaheim Street at MacArthur Park, 570-1655	
23	A2	Houghton, 6301 Myrtle Ave., 570-1640 - 26.35 acres	1L, 2L, 3L, 4, 5R, 6, 7, 9
79	E1	Hudson Park, 2335 Webster Ave., 570-3100 - 13.18 acres	1,6,7
24	F2	Lincoln (Civic Center), Pacific Ave. & Broadway - 5.64 acres	7, 12
56	G5	Long Beach Community Resource Center, 5365 E. 2nd St.	
25	C2	Los Cerritos, 3750 Del Mar Ave. - 8.47 acres	3L, 6, 7
22	E3	MacArthur (General Douglas), 1321 Anaheim St., 570-1655 - 3.86 acres	1, 2L, 4, 5R, 6, 7
27	F5	Marina Vista, Colorado St. & Santiago Ave. - 18.20 acres	1, 3, 6, 7
28	G5	Marine (Mothers Beach), 5839 Appian Way - 9.31 acres	4, 6, 7
29	E3	Martin Luther King, Jr., 1950 Lemon Ave., 570-4405 - 9.0 acres	1L, 5R, 6, 7, 8
30	E3	McBride (Ernest S.), 1550 M.L.King, Jr. Ave., 570-1605 - 2.77 acres	2L, 5R, 6, 7, 10
31	F3	Miracle on 4th Street, 1518 E. 4th St. - .14 acres	7
32	E4	Orizaba, Orizaba Ave. & Spaulding St. - 3.99 acres	2, 5, 6, 7, 9
33	B5	Pan American, 5157 Centralia St., 570-1660 - 12.5 acres	1L, 2L, 4, 5, 6, 7, 10
34	D6	PR&M Admin (Parks, Recreation & Marine Administration), 2760 Studebaker Rd., 570-3100	
35	A4	Ramona, 3301 E. 65th St., 570-1665 - 7.21 acres	1L, 2L, 3L, 4, 5R, 6, 7
36	F6	Rancho Los Alamitos, 6400 Bixby Hill Rd., 431-3541 - 7.03 acres	7
37	B2	Rancho Los Cerritos, 4600 Virginia Rd., 570-1755 - 4.77 acres	7
38	F5	Recreation, 4900 E. 7th St., 570-1670 - 63.92 acres	1L, 3L, 5R, 4,6, 7, 12
39	F4	Rose, 8th St. & Orizaba Ave. - .74 acres	7
40	C5	Rosie the Riveter, Clark Ave. & Conant St. - 3.28 acres	
41	B2	Scherer, 4600 Long Beach Blvd., 570-1674 - 25.22 acres	1, 2L, 3L, 4, 5, 6, 7, 12, LK
42	E2	Seaside, 14th St. at Chestnut, 2.34 acres	
43	D1	Silverado, 1545 W. 31st St., 570-1675 - 12.23 acres	1L, 2L, 3L, 4, 5R, 6, 7, 9, 12, LK
44	C3	Somerset, 1500 E. Carson St., 570-1690 - 3.75 acres	2L, 3L, 4, 5, 6, 7
45	E4	Stearns Champions, 4520 E. 23rd St., 570-1685 - 22.14 acres	1L, 2L, 5R, 6, 7
46	D2	Veterans, 101 E. 28th St., 570-1695 - 14.32 acres	1L, 2L, 3L, 4, 5R, 6, 7
47	C5	Wardlow, 3457 Stanbridge Ave., 570-1706 - 15.81 acres	1, 2L, 4, 5R, 6, 7
48	E5	Whaley, 5620 Atherton St., 570-1710 - 13.47 acres	1L, 2L, 4, 5R, 6, 7, 11
TEEN CENTERS			
17	E4	Cesar E. Chavez Park Teen Center, 401 Golden Ave., 570-8890	
23	A2	Freeman Teen Center, 1205 Freeman Ave., 570-8688	
30	E3	Houghton Park Teen Center, 6301 Myrtle Ave., 570-1640	
43	D1	McBride Park Teen Center, 1550 M.L.King, Jr. Blvd., 570-1605	
SENIOR CENTERS			
30	E3	California Recreation Center (at McBride Park), 1550 M.L.King, Jr. Blvd., 570-1605	
16	D6	El Dorado Park West Community Center, 2800 Studebaker Rd., 570-3227	
23	A2	Houghton Park Community Center, 6301 Myrtle Ave., 570-1640	
49	F3	Long Beach Senior Center, 1150 E. 4th St., 570-3500	5R
43	D1	Silverado Park Community Center, 1545 West 31st St., 570-1675	
5	F2	Cesar E. Chavez, 401 Golden Ave., 570-8890	2L, 5, 6, 7
DOG FACILITIES			
50	D7	Animal Care Services, 7700 East Spring Street, 570-PETS	
30	A2	Coolidge Dog Park, 352 E. Neece St	
24	F2	Downtown Dog Park, at Lincoln Center, Pacific at Broadway	
54	D7	El Dorado Dog Park, 7500 E. Spring St	
31	B3	Jackson Street Dog Park, 1 Jackson St.	
52	F2	K-9 Corner Dog Park, 9th & Pacific Ave.	
38	F5	Recreation Dog Park, 4900 E. 7th St.	
53	G5	Rosie's Dog Beach, 1 S. Granada	
51	F2	Seaside Dog Zone Park, Seaside Way at Linden Ave	
41	B2	Uptown Dog Park, 4600 Long Beach Blvd.	
55	D2	Wrigley Heights Dog Park, 3401 Golden Ave.	
AQUATIC AND BOATING FACILITIES / BEACHES			
8	F5	Colorado Lagoon Wetland & Marine Sci. Ed. Center (Appian Way btw. Park & Colorado)	
32	F5	Dunster Reserve, Boathouse Lane and Los Cerritos Channel	
33	F2	Golden Shore Reserve, Golden Shore Ave South of Shoreline Dr.	
57	G4	Launch Ramp - Claremont Launch Ramp, 5300 E. Ocean Blvd.	
58	F5	Launch Ramp - Davies Launch Ramp, 6201 E. Second St.	
59	G4	Launch Ramp - Granada Launch Ramp, 1 S. Granada Ave.	
50	F5	Launch Ramp - Marine Stadium Launch Ramp, 5255 Paoli Way	
51	G2	Launch Ramp - South Shore Launch Ramp, 590 Queensway Dr.	
2	G5	Leeway Sailing & Aquatics Center, 5437 E. Ocean Blvd., 570-1719	
36	G6	Marina - Alamitos Bay Marina, 205 Marina Dr., 570-3215	
64	F2	Marina - Long Beach Shoreline Marina, 450 E. Shoreline Dr., 570-4950	
55	G2	Marina - Rainbow Marina, 200-B Aquarium Way, 570-8636	
36	F5	Marine Stadium, Appian Way (btw. 2nd St. & Colorado St.), 570-3215	
57	G4	Pool - Belmont Plaza Pool, 4000 Olympic Plaza, 570-1806	
29	E3	Pool - Martin Luther King, Jr. Park Pool, 1910 Lemon Ave., 570-1718	
43	D1	Pool - Silverado Park Pool, 1540 W. 32nd St., 570-1721	
8	F5	Model Boat Shop, 5119 E. Colorado St., 570-1720 (Summer Only)	
28	G5	Mothers Beach, (Marina Park) 5839 Appian Way	5,7
SPORTS FACILITIES			
14	D7	Archery - El Dorado Archery Range, 7550 E. Spring St., 570-1771	
30	D6	Golf - El Dorado Golf Course, 2400 Studebaker Rd., 430-5411, 18-hole, par 72	
69	C6	Golf - Heartwell Junior Golf Academy, 6730 E. Carson St., 570-1272 - 36.57 acres	5R
69	C6	Golf - Heartwell Park Golf Course, 6700 E. Carson St., 421-8855, 18-hole, par 54	
38	F5	Golf - Recreation Park Golf Course, 5000 E. Anaheim St., 494-5000, 18-hole, par 72	
38	F5	Golf - Recreation Park Golf Course, 5000 E. 7th St., 438-4012, 9-hole, par 31	
70	D4	Golf - Skylinks at Long Beach Golf Course, 4800 E. Wardlow Rd., 421-3388, 18-hole, par 72	
2	G5	Hockey Rink, 5415 E. Ocean Blvd., 570-1725	
71	F4	Lawn Bowling - Recreation Park Facility, E. 7th St. & Federation Dr., 597-7968, 714-969-5862	
72	E3	Sports Field - Chittick Field, 1900 Walnut Ave., 570-1717 - 19.14 acres	1L
15	E5	Sports Field - Joe Rodgers Softball Stadium, 10th St. & Park Ave., 570-1725	
73	F5	Tennis - Billie Jean King Tennis Center, 10th & Park Ave., 438-8509	
16	D6	Tennis - El Dorado Tennis Center, 2800 Studebaker Rd., 425-0553	
25	C2	Tennis - Los Cerritos Park Tennis Courts, 3750 Del Mar Ave.	
74	G5	Tennis - Naples Tennis Courts, Tivoli Drive between St. Irmo Way & 2nd St.	



Free Futsal Courts
 Free Summer Food Program
 Free Basketball Courts
 Free Senior Programs
 Golf Courses
 Free Skate Parks
 Community Centers
 Free Playgrounds
 Aquatics and Pools
 Nature Center
 Free Dog Parks

Parks, Recreation & Marine Community Park Directory

Hours of Operation, Recreation Amenities and Programs at Long Beach Parks



COMMUNITY PARK DIRECTORY

Hours, recreation amenities and programs for parks throughout the City.

Amenities: Community Centers

Programs: After School Program, Youth Sports, Senior Program, Teen Program, and Fitness Stations. For more information about Parks, Recreation and Marine facilities and programs, visit www.lbparks.org.

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Instagram: www.instagram.com/longbeachparks_rec



Free programs including skate parks, playgrounds, dog parks, afterschool programs, teen and senior centers are offered throughout the City.



Admiral Kidd Park

2125 Santa Fe Avenue
562.570.1600

Hours: Afterschool Program
Monday - Friday 3 to 6 p.m.
Saturday & Sunday: Closed

Winter, Spring & Summer Fun Days Programs
Monday-Friday: 11 a.m. to 5 p.m.

Be SAFE Summer Program, Monday-Friday:
5 to 8 p.m.

Amenities

Basketball Court
Community Center
Fitness Stations
Playground
Soccer Fields
Weight/Fitness Room

Programs

After School Program
Free Be SAFE Summer Program
Summer Food Program
Teen Programs
Youth Sports



Baker Park

625 Baker Street
562.570.3100

Hours: Dawn to Dusk

Amenities

Playground



Belmont Plaza Pool

4320 E. Olympic Plaza
562.570.1806
See page 46.



Birdcage Park

6501 Parkcrest Street
562.570.3100

Hours: Dawn to Dusk

Amenities

Playground



Bixby Park

130 Cherry Avenue
562.570.1601

Hours: Afterschool Program
Monday-Friday: 3 to 6 p.m.
Saturday & Sunday: Closed

Winter, Spring & Summer Fun Days Programs
Monday-Friday: 11 a.m. to 5 p.m.

Be SAFE Summer Program
Monday-Friday: 5 to 8 p.m.

Amenities

Basketball Court
Community Center
Fitness Stations
Playground
Soccer Fields
Weight/Fitness Room

Programs

After School Program
Free Be SAFE Summer Program
Senior Fitness Classes
Summer Food Program
Youth Sports



Bixby Knolls Park

1101 San Antonio Drive
562.570.3100

Hours: Dawn to Dusk

Amenities

Playground



Officer Daryle W. Black Memorial Park

2023 Pasadena Avenue
562.570.3100
Hours: Dawn to Dusk

Amenities
Playground

Burton W. Chace Park

65 E. Market Street
562.570.3100
Hours: Dawn to Dusk

Amenities
Playground



Cesar E. Chavez Park

401 Golden Avenue
562.570.8890
Hours: Afterschool Program
Monday-Friday: 3 to 6 p.m.
Senior Program 9 a.m. to 2 p.m.

Teen Center
Monday-Friday 4 to 7 p.m.
Saturday & Sunday: Closed

Winter, Spring & Summer Fun Days Programs
Monday-Friday: 11 a.m. to 5 p.m.

Amenities
Community Center
Dog Park
Fitness Stations
Playground
Skate Park

Programs
After School Program
Free Be SAFE Summer Program
Summer Food Program
Teen Program
Youth Sports



Cherry Park

1901 E. 45th St.
562.570.1615
Hours: Dusk to Dawn

Amenities
Baseball Fields
Basketball Court
Community Center
Softball Fields
Tennis Courts
Playground

Programs
Summer Food Program
Youth Sports



College Estates Park

808 Stevely Avenue
562.570.1710
Hours: Dusk to Dawn

Amenities
Basketball Court
Community Center
Playground
Tennis Courts

Programs
Youth Sports



Coolidge Park

352 E. Neece St.
562.570.1618
Hours: Dusk to Dawn

Amenities
Community Center
Basketball Court
Dog Park

Fitness Stations
Playground

Programs
After Schopol Program
Summer Food Program
Youth Sports

Craftsman Village Park

851 Orange Avenue
562.570.3100
Hours: Dusk to Dawn

Amenities
Playground



Ed "Pops" Davenport Park

2910 East 55th Way
562.570.1665
Hours: Dusk to Dawn

Amenities
Basketball Court
Playground

Programs
Summer Food Program
Youth Sports



DeForest Park

6255 DeForest Avenue
562.570.1620
Hours: Summer Fun Days, Summer Only
Monday-Friday: 11 a.m. to 5 p.m.

Amenities
Baseball Field
Basketball Court
Community Center
Futsal Courts
Nature Trail
Playground
Racquetball Court
Soccer Field
Softball Fields

Programs
After School Program
Camp Fire Day Camp
Summer Food Program
Youth Sports



Drake Park

951 Maine Avenue
562.570.1625

Hours: Afterschool Program
Monday-Friday: 3 to 6 p.m.,
Saturday & Sunday: Closed

Winter, Spring & Summer Fun Days Programs,
Monday-Friday: 11 a.m. to 5 p.m.

Be SAFE Summer Program
Monday-Friday: 5 to 8 p.m.

Amenities

Basketball Court
Community Center
Playground
Raquetball Courts
Skate Park
Soccer Field
Softball Field

Programs

After School Program
Free Be SAFE Summer Program
Summer Food Program
Youth Sports

El Dorado Regional Park & Nature Center

See page 42.



El Dorado Park West

2800 Studebaker Road
562.570.3225

Hours:
Senior Programs
Monday-Friday: 9 a.m. to 5 p.m.

Summer Fun Days
Monday-Friday: 11 a.m. to 5 p.m., Summer Only
Saturday & Sunday: Closed

Amenities

Baseball Fields
Basketball Courts
Community Center
Disc Golf Course

Golf Course
Playground
Skate Park
Soccer Fields
Softball Fields
Tennis Center

Programs

Senior Program
Summer Day Camp Program
Winter, Spring and Summer Fun Days
Youth Sports

Fellowship Park

434 E. Willow Street
562.570.3100

Hours: Dawn to Dusk

Amenities

Playground

Freeman Center

1205 Freeman Ave.
562.570.8688

Hours: Monday-Friday: 3-7 p.m.

Programs

Teen Programs

Grace Park

Elm Ave. & Plymouth St.
562.570.3150

Hours: Dusk to Dawn

Amenities

Playground
Community Garden



Robert Gumbiner Park

880 E. 7th Street
562.570.3100

Hours: Dawn to Dusk

Amenities

Performance Area
Picnic Area
Playground
Public Art
Skate Plaza

Programs

Free Outdoor Recreation Classes

Heartwell Park

5801 E. Parkcrest St.
562.570.1635

Hours: Dusk to Dawn

Amenities

Baseball Fields
Basketball Court
Community Center
Golf Course
Playground
Soccer Fields
Softball Fields



Houghton Park

6301 Myrtle Avenue
562.570.1640

Hours: Senior Program: 9 a.m. to 2 p.m.

Programs

Afterschool Program
Monday-Friday 3 to 6 p.m.,
Saturday & Sunday: Closed

Winter, Spring & Summer Fun Days Programs
Monday-Friday: 11 a.m. to 5 p.m.

Be SAFE Summer Program
Monday-Friday: 5 to 8 p.m.

Amenities

Baseball Fields
Basketball Courts
Community Center
Fitness Stations
Playground
Skate Park
Soccer Fields
Softball Fields
Tennis Courts
Weight Room

Programs

After School Program
Free Be SAFE Summer Program
Senior Program
Summer Day Camp Program
Summer Food Program
Teen Program
Youth Sports

Jackson Park

1432 Jackson Street
562.570.3100

Hours: Dawn to Dusk

Amenities

Dog Park (1800 Jackson)
Playground



King, Martin Luther Jr. Park

1950 Lemon Avenue
562.570.4405

Hours:
Afterschool Program
Monday-Friday: 3 to 6 p.m.
Saturday & Sunday: Closed

Winter, Spring & Summer Fun Days Programs
Monday-Friday: 11 a.m. to 5 p.m.

Be SAFE Summer program
Monday-Friday: 5 to 8 p.m.

Amenities

Baseball Fields
Basketball Court
Community Center
Playground
Soccer Fields
Softball Fields

Programs

After School Program
Free Be SAFE Summer Program
Summer Food Program
Youth Sports



Leeway Sailing Center

5437 E. Ocean Blvd.
See page 45



Lilly Park

32 Lilly Avenue
562.570.3100
Hours: Dawn to Dusk

Amenities
Playground



Livingston Drive Playground

4700 Livingston Drive
562.570.3100
Hours: Dawn to Dusk

Amenities
Playground



Locust Tot Lot

2331 Locust Avenue
562.570.3100
Hours: Dawn to Dusk

Amenities
Playground

Loma Vista Park

1173 Loma Vista Drive
562.570.3100
Hours: Dusk to Dawn

Amenities
Playground



Los Altos Park

4851 Stearns Street
562.570.3100
Hours: Dawn to Dusk

Amenities
Playground



Los Altos Plaza Park

5230 Anaheim Road
562.570.3100
Hours: Dawn to Dusk

Amenities
Playground



Long Beach Senior Center

1150 E. 4th Street
562.570.3500
Hours: Monday-Friday: 8 a.m. to 4:30 p.m.
Saturday: 10 a.m.-4 p.m.

Amenities
Fitness Gym
Friendly Cup Café
Library
Thrift Shop

Programs

Bingo
Craft Classes
Dance Classes
Fitness Classes
Lapidary
Prime Time Players
Sewing
Sing-Along
Social Dance



Los Cerritos Park

3750 Del Mar Avenue
562.570.3150
Hours: Dusk to Dawn

Amenities
Playground
Tennis Courts



MacArthur Park

1321 Anaheim Street
562.570.1655
Hours:
Monday-Thursday: 3 to 10 p.m.
Saturday: 10 a.m. to 6 p.m.,
Sunday 9 a.m. to 6 p.m., Fridays: Closed

Amenities
Basketball Court
Community Center
Homeland Cultural Center, See page 45
Playground

Programs
Summer Food Program
Youth Sports



Marina Vista Park

5355 Eliot Street
562.570.3100
Hours: Dawn to Dusk

Amenities
Basketball Courts
Playground
Softball Field
Soccer Field
Tennis Courts



Ernest McBride Park & California Recreation Center

1550 Martin Luther King, Jr. Ave.
562.570.1605

Hours:
Senior Program: 9 a.m. to 2 p.m.
Teen Center
Monday-Friday: 4 to 7 p.m.

Afterschool Program
Monday-Friday: 3 to 6 p.m.
Saturday & Sunday: Closed
Winter, Spring & Summer Fun Days Programs
Monday-Friday: 11 a.m. to 5 p.m.

Amenities
Basketball Court
Community Center
Playground
Skate Park
Weight/Fitness Room

Programs
After School Program
Senior Program
Summer Food Program
Teen Program
Youth Sports



Miracle Park

1518 E. 4th Street
562.570.1787
Hours: Dusk to Dawn

Amenities
Playground

Programs
Youth Sports



Molina, C David Park

4951 Oregon Avenue
562.570.3100
Hours: Dawn to Dusk

Amenities
Fitness Stations
Playground
Soccer Field

NAACP Freedom Park

2300 Martin Luther King Jr. Avenue
562.570.3100
Hours: Dawn to Dusk

Amenities
Bike Path



Orizaba Park

1435 Orizaba Ave.
562.570.1427
Hours:
Afterschool Program
Monday-Friday: 3 to 6 p.m.
Saturday & Sunday: Closed

Winter, Spring & Summer Fun Days Programs
Monday-Friday: 11 a.m. to 5 p.m.

Be SAFE Summer Program
Monday-Friday: 5 to 8 p.m.

Amenities
Community Center
Playground
Skate Park

Programs
After School Program
Free Be SAFE Summer Program
Summer Food Program
Youth Sports



Pan American Park

5157 Centralia Street
562.570.1660

Hours: Afterschool Program
Monday-Friday: 3 to 6 p.m.
Saturday & Sunday: Closed

Winter, Spring & Summer Fun Days Programs
Monday-Friday: 11 a.m. to 5 p.m.

Be SAFE Summer Program
Monday-Friday: 5 to 8 p.m.

Amenities

Baseball Fields
Basketball Court
Gym
Playground
Softball Fields

Programs

After School Program
Free Be SAFE Summer Program
Day Camp Program (Summer)
Youth Sports



Peace Park

1411 Atlantic Avenue
562.570.3100

Hours: Dusk to Dawn

Amenities

Playground

Promenade Square

215 E. First Street
562.570.3150

Hours: Dusk to Dawn

Amenities

Playground



Ramona Park

3301 East 65th Street
562.570.1665

Hours: Afterschool Program
Monday-Friday: 3 to 6 p.m.
Saturday & Sunday: Closed

Winter, Spring & Summer Fun Days Programs
Monday-Friday: 11 a.m. to 5 p.m.

Be SAFE Summer Program
Monday-Friday: 5 to 8 p.m.

Amenities

Baseball Fields
Basketball Court
Community Center
Playground
Soccer Fields
Softball Fields
Tennis Courts

Programs

After School Program
Free Be SAFE Summer Program
Summer Food Program
Youth Sports



Recreation Park

4900 E. 7th Street
562.570.1670

Hours: Dawn to dusk

Amenities

Band Shell
Baseball Field
Casting Pond
Community Center
Dog Park
Golf Course
Lawn Bowling Green
Playground
Tennis Center
Softball Stadium
Volleyball Court

Jennie Rivera Memorial Park

2001 Walnut Avenue
562.570.3100
Hours: Dawn to Dusk

Amenities

Playground



Scherer Park

4600 Long Beach Blvd.
562.570.1674

Hours: Summer Fun Days
Monday-Friday: 11 a.m. to 5 p.m. Summer Only

Be SAFE Summer program
Monday-Friday: 3 to 6 p.m.

Amenities

Basketball Court
Community Center
Dog Park
Playground
Tennis Courts

Programs

Free Be SAFE Summer Program
Summer Food Program
Youth Sports



Seaside Park

1401 Chestnut Avenue
562.572.5126

Hours: Afterschool Program Hours
Monday-Friday 3 to 6 p.m.

Winter, Spring & Summer Fun Days Programs
Monday-Friday: 11 a.m. to 5 p.m.

Be SAFE Summer Program
Monday-Friday: 5 to 8 p.m.

Amenities

Playground
Soccer Fields

Programs

After School Program
Free Be SAFE Summer Program
Summer Food Program
Youth Sports



Pan American Park

5157 Centralia Street
562.570.1660

Hours: Afterschool Program
Monday-Friday: 3 to 6 p.m.
Saturday & Sunday: Closed

Winter, Spring & Summer Fun Days Programs
Monday-Friday: 11 a.m. to 5 p.m.

Be SAFE Summer Program
Monday-Friday: 5 to 8 p.m.

Amenities

Baseball Fields
Basketball Court
Gym
Playground
Softball Fields

Programs

After School Program
Free Be SAFE Summer Program
Day Camp Program (Summer)
Youth Sports



Peace Park

1411 Atlantic Avenue
562.570.3100

Hours: Dusk to Dawn

Amenities

Playground

Promenade Square

215 E. First Street
562.570.3150

Hours: Dusk to Dawn

Amenities

Playground



Ramona Park

3301 East 65th Street
562.570.1665

Hours: Afterschool Program
Monday-Friday: 3 to 6 p.m.
Saturday & Sunday: Closed

Winter, Spring & Summer Fun Days Programs
Monday-Friday: 11 a.m. to 5 p.m.

Be SAFE Summer Program
Monday-Friday: 5 to 8 p.m.

Amenities

Baseball Fields
Basketball Court
Community Center
Playground
Soccer Fields
Softball Fields
Tennis Courts

Programs

After School Program
Free Be SAFE Summer Program
Summer Food Program
Youth Sports



Recreation Park

4900 E. 7th Street
562.570.1670

Hours: Dawn to dusk

Amenities

Band Shell
Baseball Field
Casting Pond
Community Center
Dog Park
Golf Course
Lawn Bowling Green
Playground
Tennis Center
Softball Stadium
Volleyball Court

Jennie Rivera Memorial Park

2001 Walnut Avenue
562.570.3100
Hours: Dawn to Dusk

Amenities

Playground



Scherer Park

4600 Long Beach Blvd.
562.570.1674

Hours: Summer Fun Days
Monday-Friday: 11 a.m. to 5 p.m. Summer Only

Be SAFE Summer program
Monday-Friday: 3 to 6 p.m.

Amenities

Basketball Court
Community Center
Dog Park
Playground
Tennis Courts

Programs

Free Be SAFE Summer Program
Summer Food Program
Youth Sports



Seaside Park

1401 Chestnut Avenue
562.572.5126

Hours: Afterschool Program Hours
Monday-Friday 3 to 6 p.m.

Winter, Spring & Summer Fun Days Programs
Monday-Friday: 11 a.m. to 5 p.m.

Be SAFE Summer Program
Monday-Friday: 5 to 8 p.m.

Amenities

Playground
Soccer Fields

Programs

After School Program
Free Be SAFE Summer Program
Summer Food Program
Youth Sports

ADULT 50+ CLASSES

DANCE

ADVANCED ROUND DANCE

Advanced class in choreographed ballroom dancing (also called round dancing). Class consists of clinics on figures, routines taught to beautiful music and party dancing. Fee per person, per class.

Daniel Finch		Long Beach Senior Center			
30423	50 Yrs+	3/6-3/27	6:30-9:30 p.m.	W	\$7
30424	50 Yrs+	4/3-4/24	6:30-9:30 p.m.	W	\$7
30425	50 Yrs+	5/1-5/29	6:30-9:30 p.m.	W	\$7

BALLROOM DANCE

Beginning to intermediate ballroom dance instruction. Dance is fun, social and healthy. No partner need, changes partners or not. A new dance is taught at the beginning of each month selected by the students. Best time to start is at the beginning of the month. Bring a smile and your dance shoes. Fee per person, per class.

Candis Davis		Long Beach Senior Center			
30417	50 Yrs+	3/5-3/26	1-2 p.m.	Tu	\$4
30418	50 Yrs+	4/2-4/30	1-2 p.m.	Tu	\$4
30419	50 Yrs+	5/7-5/28	1-2 p.m.	Tu	\$4
Candis Davis		El Dorado Park West			
30420	50 Yrs+	3/6-3/27	10:30-11:30 a.m.	W	\$4
30421	50 Yrs+	4/3-4/24	10:30-11:30 a.m.	W	\$4
30422	50 Yrs+	5/1-5/29	10:30-11:30 a.m.	W	\$4

ROUND DANCE- INTERMEDIATE-ADVANCED

Teaching Phase 4 Thru Phase 6 round dance figure clinics and choreography. Hosting cued round dance party dance. Class held on 2nd Saturday. Fee per person, per class.

Edward Patrick		Long Beach Senior Center			
30432	50 Yrs+	3/4-3/25	6:30-9:30 p.m.	M	\$5
30429	50 Yrs+	3/5-3/26	6:30-9:30 p.m.	Tu	\$5
30426	35 Yrs+	3/9-3/9	11 a.m.-4 p.m.	Sa	\$5
30433	50 Yrs+	4/1-4/29	6:30-9:30 p.m.	M	\$5
30430	50 Yrs+	4/2-4/30	6:30-9:30 p.m.	Tu	\$5
30427	50 Yrs+	4/13-4/13	11 a.m.-4 p.m.	Sa	\$5
30434	50 Yrs+	5/6-5/20	6:30-9:30 p.m.	M	\$5
30431	50 Yrs+	5/7-5/28	6:30-9:30 p.m.	Tu	\$5
30428	50 Yrs+	5/11-5/11	11 a.m.-4 p.m.	Sa	\$5

SENIOR LINE DANCING

Have fun learning line dance and exercising with friends. No experience needed. Fee per person, per class.

Janet Karter		El Dorado Park West			
30441	50 Yrs+	3/7-3/28	1-2 p.m.	Th	\$3
30442	50 Yrs+	4/4-4/25	1-2 p.m.	Th	\$3
30443	50 Yrs+	5/2-5/30	1-2 p.m.	Th	\$3

FITNESS

GENTLE YOGA- ALL LEVELS

Suitable for every age and level of ability. With regular practice this class improves flexibility, strength, balance and general well-being. Bring a yoga mat and a beach towel. Walk in fee available.

Silvana Behrens		Recreation Park			
30450	50 Yrs+	3/4-4/1	9:45-10:45 a.m.	M	\$50
30451	50 Yrs+	4/15-5/13	9:45-10:45 a.m.	M	\$50

GENTLE YOGA- LEVEL II

This class focuses on yoga stretches, flow, core and relaxation. Some yoga experience recommended but not required. Bring a yoga mat and a beach towel. Walk in fee available.

Silvana Behrens		Recreation Park			
30454	50 Yrs+	3/7-4/4	9:45-10:45 a.m.	Th	\$50
30455	50 Yrs+	4/18-5/9	9:45-10:45 a.m.	Th	\$40

ZUMBA® GOLD

One hour of exercise and dance are good for both your mind and body. There is no wrong way in Zumba Gold-if you are moving and smiling, you nailed it! Walk in fee available.

Adrienne Rosenfeld		Long Beach Senior Center			
30411	50 Yrs+	3/7-3/28	5:30-6:30 p.m.	Th	\$10
30412	50 Yrs+	4/4-4/25	5:30-6:30 p.m.	Th	\$10
30413	50 Yrs+	5/2-5/30	5:30-6:30 p.m.	Th	\$10

ZUMBA® GOLD

Shake your groove thang, Zumba Gold! A fun, Latin-inspired dance fitness class that incorporates easy to follow dance moves at a lower-intensity. Zumba Gold offers an amazing full body workout that will leave you feeling invigorated! There is no wrong way in Zumba Gold-if you are moving and smiling, you are doing it right. Walk in fee available.

Sabrina Thomas		Long Beach Senior Center			
30444	50 Yrs+	3/2-3/30	11:30 a.m.-12:30 p.m.	Sa	\$10
30445	50 Yrs+	4/6-4/27	11:30 a.m.-12:30 p.m.	Sa	\$10
30446	50 Yrs+	5/4-5/25	11:30 a.m.-12:30 p.m.	Sa	\$10

SENIOR FITNESS

Lightweight lifting followed by low impact cardio. Fun, easy to follow aerobic workout. Cool down in a chair or on the floor to increase flexibility. Bring lightweights and a mat. Fee per person, per class.

Sherrie Zachau		El Dorado Park West			
31429	50Yrs+	3/5-3/28	10-11 a.m.	Tu Th	\$3
31430	50Yrs+	4/2-4/30	10-11 a.m.	Tu Th	\$3
31431	50Yrs+	5/2-5/30	10-11 a.m.	Tu Th	\$3

ZUMBA® GOLD

A fun Latin inspired fitness program that includes Merengue, Salsa, Cha Cha, Cumbia, Belly Dance, Flamenco, Tango and Rock n' Roll. A safe and effective total body workout that is great for the mind, body and soul. Come dance with me! Fee per person, per class.

Sherrie Zachau		El Dorado Park West			
31432	50Yrs+	3/1-3/29	8:45-9:45 a.m.	F	\$3
31433	50Yrs+	4/5-4/26	8:45-9:45 a.m.	F	\$3
31434	50Yrs+	5/3-5/31	8:45-9:45 a.m.	F	\$3

ZUMBA® GOLD TONING

Fitness program disguised in a cardio party with weights! See and feel the difference after one class. Bring 2lb weights or purchase zumba toning sticks in class (optional). Fee per person, per class.

Sherrie Zachau		El Dorado Park West			
31435	50Yrs+	3/6-3/27	9-10 a.m.	W	\$3
31436	50Yrs+	4/3-4/24	9-10 a.m.	W	\$3
31437	50Yrs+	5/1-5/29	9-10 a.m.	W	\$3

Senior Programs

LONG BEACH PARKS, RECREATION AND MARINE INVITES SENIORS OF ALL AGES TO PARTICIPATE IN THE MANY ACTIVITIES AND PROGRAMS OFFERED CITYWIDE AT OUR SIX SENIOR CENTERS. MANY PROGRAMS ARE FREE.



For more information, visit <http://www.longbeach.gov/park/park-and-facilities/directory/long-beach-senior-center/>

FUN FOR ADULTS 50+



Senior Softball League
Call 562.570-1736 or visit
www.teamsideline.com/longbeach

Arts
Cultural experiences
Dance
Fitness
Life-long learning opportunities
Enrichment
Health and social services
Nutrition
Excursions
Drop-in events
Special events
Volunteerism
Special interest groups

Senior Centers

California Recreation Center at McBride Park

1550 Martin Luther King Jr. Ave.
562.570.1605
M - F, 9 A.M. - 2 P.M.

Cesar E. Chavez Park

401 Golden Ave.
562.570.8890
M - F, 9 A.M. - 2 P.M.

Houghton Park

Temporarily located at:
Ramona Park
3301 E. 65th St.
570-1665
M - F 9 A.M. - 2 P.M.

El Dorado Park West

2800 Studebaker Rd.
562.570.3227
M - F 9 A.M. - 5 P.M.



Long Beach Senior Center

1150 E. 4th Street
562.570.3500
M - F, 8 A.M. - 4:30 P.M.
Sa, 10 A.M. - 4 P.M.

Silverado Park

1545 W. 31st Street
562.570.1675
M - F, 9 A.M. - 2 P.M.



SAVE EVERY DAY

IT'S THE LONG BEACH WAY



Like or Follow @LBWater

More hacks at
LiveH2OLB |
.com

FREE COMPOST WORKSHOP

Learn How to Recycle Your Food Scraps at Home!

When: 10:30 a.m. - 12:30 p.m.
Check our website for our 2019 scheduled dates*

*Workshops offered in Spanish and English

Where: Environmental Services Bureau - 2929 E Willow St, Long Beach, 90806

Pre-Register for FREE online at longbeach.gov/lbrecycles or call (562) 570-4676



Taller de compostaje gratuito

Aprende cómo reciclar los restos de comida en la casa!

Cuando: 10:30 a.m. - 12:30 p.m.
Visite nuestro sitio para obtener las fechas de 2019*

*Talleres ofrecidos en español y inglés

Donde: Oficina de Servicios Ambientales - 2929 E. Willow St, Long Beach, 90806

Pre-registro es GRATIS en línea visite longbeach.gov/lbrecycles o llame al (562) 570-4676

CITY OF
LONG BEACH



ENVIRONMENTAL SERVICES BUREAU
LONGBEACH.GOV/LBRECycles
HOTLINE: (562) 570-4676

@LBRecycles

ANIMAL CARE SERVICES

P.O. BOX Pitchford Companion Animal Shelter
7700 East Spring Street • (562) 570-PETS
Hours: Wednesday-Friday 10 a.m.-5:30 p.m.
Saturday and Sunday 10 a.m.-4 p.m.
24 Hour Emergency Service (562) 570-7387

Animal Related Complaints/Questions: (562) 570-PETS (7387)
Interested in volunteering? Need to license your cat or dog? Need spay or neuter assistance? Looking for your lost pet? Looking to adopt? Please visit us at: www.LongBeachAnimalCare.com.

SPAY/NEUTER CLINICS

Fix Long Beach hosts free spay/neuter clinics for qualifying Long Beach residents. Please visit www.fixlongbeach.com for information.

SPAY AND NEUTER VOUCHERS

A limited number of vouchers to assist in the cost of spaying or neutering your pet may be obtained at the shelter during regular business hours. To qualify, proof of Long Beach, Signal Hill, Cerritos, Los Alamitos or Seal Beach residency must be presented. Please visit www.LongBeachAnimalCare.com for more information about spay/neuter assistance.

SPAY AND NEUTER ORDINANCE FOR DOGS & CATS

Effective October 1, 2015, all dogs over 6 months and cats over 4 months are required to be spayed or neutered LBMC 6.16.085. Any unaltered dog with a valid license prior to October 1, 2015 is exempt from the mandatory spay/neuter law as long as the license is kept current. For more information on spay/neuter programs and a complete list of exemptions please call (562) 570-7387 or visit our website: www.LongBeachAnimalCare.com.

DOG TRAINING CLASSES

Your dog is a member of your family! Long Beach Parks, Recreation and Marine Dog training classes can help your canine companion become socialized, have good manners, and be a friend for life. See pages 20 and 21 for details.

PET LICENSING BENEFITS

LICENSING IN LONG BEACH IS MORE THAN JUST A TAG

FAST TRACK Found pets are reunited quickly with their owner, or rushed to the appropriate veterinarian if severely injured through the Fast Track licensing program.



FREE RIDE HOME Your pet gets a free ride home the first time it is found. City staff will attempt to deliver your pet home to you immediately, skipping a trip to the animal shelter where it might be exposed to potentially sick animals who have also just arrived.

EXTENDED STAY When found, your licensed pet will be cared for by a veterinarian at the Animal Shelter for a longer period of time (up to 10 days rather than six days prior to being put up for adoption).



VACATION PET ALERT When you leave home on a vacation, call to register where your pet will be while you are on vacation, who will be taking care of your pet, and where to reach you.

LOW COST PET CLINICS

Visit www.LongBeachAnimalCare.com for dates, times, locations, and fees for Low Cost Pet Vaccination and Microchipping Clinics held in Long Beach parks on Saturdays and from 4-6 p.m. on the 1st and 3rd Thursday of the month at Scherer Park. Times, dates and locations are subject to change. Please visit www.SNPLA.org for spay/neuter information.

ADOPT

from

LONG BEACH ANIMAL CARE SERVICES



7700 E. SPRING ST. LONG BEACH, CA 90815 (562) 570-7387
W - F: 10 a.m. - 5:30 p.m. Sat & Sun: 10 a.m. - 4 p.m.
www.longbeach.gov/acs



Follow us on Social Media
Facebook: [LongBeachAnimalCare](https://www.facebook.com/LongBeachAnimalCare)
Instagram & Twitter: [@LBAnimalCare](https://www.instagram.com/LBAnimalCare)
www.longbeach.gov/acs



EL DORADO NATURE CENTER

7550 East Spring Street
(562) 570-1745
www.longbeach.gov/naturecenter

NATURE CENTER HOURS:

Trails: Tuesday-Sunday 8 a.m.-5 p.m.

Museum: Tuesday-Sunday 8:30 a.m.-4 p.m.

CELEBRATING 50 YEARS



The Nature Center's 105-acre wildlife habitat is an island of serenity in the midst of the busy urban landscape. Two lakes, a stream, two miles of dirt trail and a 1/4-mile paved access trail wind through meadows and forested areas to offer visitors a relaxing getaway. Visit the interactive, hands-on exhibits in the museum and gift shop after you walk the trails.

FRIENDS OF EL DORADO NATURE CENTER

Help build habitat and support educational programs at the Nature Center with your tax-deductible donation. For more information, call the Friends' office at (562) 570-1745.

DRAWING IN NATURE

Learn the basics of using colored pencils, including blending, burnishing and impressed line, while incorporating the techniques of botanical drawing. Bring a lunch and wear walking shoes.

Saturdays, March 9, April 13 & May 11, 10 a.m.-3 p.m. Adults only. \$120 per person for unit of three classes. Supports Friends of El Dorado Nature Center.

Pre-registration is required. Call (562) 570-1745.

EDUCATIONAL PROGRAMS FOR SCHOOLS AND YOUTH GROUPS

Pre-registration is required. Call (562) 570-1745.

YOUNG EXPLORERS TOUR

Looking to learn more about nature or earn an environment-themed badge? Register your group for a naturalist-led exploration of the Nature Center's diverse habitats. 1 ½ hour program. \$6 per person.

BEETLE BRIGADE

Join us for a hands-on, sensory exploration of nature. We'll use our "owl eyes," "rabbit ears," and "coyote noses" to experience the unique patterns, textures, shapes, and colors around us. Ages 3-5. 1 ½ hour program. \$5 per person.

DISCOVERY TOURS

Teachers, explore the Nature Center trails with your students on a naturalist-guided tour. You'll make discoveries through hands-on investigation and activities designed to support the Academic Content Standards at your grade level. Two hour program. Grades K-4, \$7 per person. Grade 5, \$8 per person.

EXPLORE THE SHORE - 5TH GRADE TOUR

Sponsored by El Dorado Nature Center and the City of Long Beach's Adopt-A-Beach program.

In this hands-on, two-hour program, students will use scientific tools and instruments to discover how water sustains all life on earth, and how the water cycle shapes our local watershed and affects the marine ecosystem. Available at Granada Beach or Cherry Beach. 2-hour program. \$8 per person.

PRESCHOOL PROGRAMS

Pre-registration is required at www.lbparks.org.

PARENT & ME WORKSHOPS

Ages: 18 months - 5 years. 10-11:30 a.m. \$20 per class.

Bring your imagination and sense of adventure as you and your child celebrate the seasons with a special morning of crafts, stories, songs, and outdoor exploration. Parent participation required.

Lucky Charms 30780

Wednesday, March 13

Let's look for all the colors of the rainbow as we search for objects to make our own magical charms, inspired by the beauty of spring.

Baby Animals! 30781

Wednesday, April 10

It's time for Mother Nature's baby shower! Let's celebrate spring by learning about all the wee ones born, hatched, or spawned at the Nature Center.

The Enchanted Forest 30782

Wednesday, May 8

Calling all fairies, gnomes and mythical beings. We'll build tiny, cozy homes for our magical friends out on the trail and learn new ideas to try in our own backyards.

TALES & TRAILS

Ages: 18 mos-5 yrs. 10-11:30 a.m. \$20 per class.

Investigate the incredible, changing, natural world with your child, while discovering creatures large and small. Stories, songs, and nature play are all a part of this fun-filled class. Parent participation required.

30783 March 27

30784 May 22

NATURE KIDS! SPRING BREAK WORKSHOPS

Pre-registration is required for all classes. Visit www.lbparks.org.

Ages: 5-8, \$20 per class. 9 a.m.-noon.

Join us for fun and exploration this spring! Children will experience nature through investigation, hands-on activities, games and crafts. A healthy snack will be provided. Children must have Kindergarten experience.

Jewels of the Air 30785

Monday, April 22

Have you ever noticed how hummingbirds shine in the sunlight as they flit from flower to flower? We'll learn about their remarkable plumage, discover how they hover and other little known adaptations of our tiniest feathered friends.

The Worms Crawl In, The Worms Crawl Out 30786

Tuesday, April 23

The return of warm spring weather brings out a popular soil dwelling creature, the amazing earthworm. Come to the Nature Center to learn what makes our slimy friend so special. Be prepared to get down to ground level with these incredible earth movers.

Kaleidoscope 30787

Wednesday, April 24

Let's explore nature's rainbow and discover bright yellow birds, iridescent blue dragonflies, soft pink flowers, vivid red berries, and every shade of green imaginable. As nature artists we will draw, paint, and create masterpieces inspired by color.

Nature Rocks! 30788

Thursday, April 25

Frogs croaking, birds singing, and bees buzzing all announce the arrival of spring. We're going to make our own music from crafty objects and things we find in nature.

Coyotes, 'Possums and Skunks, Oh My! 30789

Friday, April 26

We're off to learn the wizardry of these misunderstood marvels. We'll learn the truth behind the rumors and find they really do have the heart, brains and courage to help keep their habitat healthy and flourishing.

SPECIAL EVENTS

EARTH DAY COASTAL CLEANUP

Help protect our coastline! Join in the efforts to help keep our local marine habitat clean and healthy.

Bring your own bucket or bag to limit the amount of trash we create.

Saturday, April 20, 10 a.m.-noon. On the sand, east of the Belmont Pier. Rain cancels.

TURTLE SHOW

Members of the Southern California Turtle and Tortoise Club will display turtles from all over the world.

Saturday, May 4, 10 a.m.-3 p.m. Free program.

NATURE PROGRAMS

FAMILY NIGHT WALKS

All ages, \$5 per person, 2 Yrs. and under free. Tuesdays, 7-9 p.m.

What do the animals do at night? Find out on a naturalist-led exploration of the darkened trails of the Nature Center. Pre-registration is required. Visit www.lbparks.org.

30636 March 12

30637 April 9

30638 May 14

EL DORADO AUDUBON SOCIETY MEETING

Join us for intriguing presentations and discussion on the conservation of native birds and their habitats.

Thursdays, March 21, April 18, & May 16.
7:30 p.m. Free program.

AUDUBON BIRD WALK

Whether you're a new birder or just want to sharpen your skills, join members of El Dorado Audubon for a morning walk through the Nature Center.

Sundays, March 10, April 14, & May 12. 8 a.m.
Free program.



VOLUNTEER OPPORTUNITIES

WETLAND WARRIOR CLEANUP – SERVICE LEARNING OPPORTUNITY

Only 5% of California's once vast coastal wetlands remain today. Join our Weekend Wetland Warrior team and help protect the critical habitat at Golden Shore Marine Biological Reserve. Two hours of time can save wildlife. Wear sturdy shoes. Rain cancels.

Saturdays, March 16, May 18, 10 a.m.-noon. Meet next to 101 Golden Shore Ave.

1ST SATURDAY STEWARDS – SERVICE LEARNING OPPORTUNITY

Help us maintain the beauty of the Nature Center by cleaning the stream, pulling weeds, clearing the trails or spreading mulch. Wear sturdy shoes. Rain cancels. Pre-registration is required. Call (562) 570-1745.

Saturdays, March 2, April 6, May 4, 10 a.m.-noon.

EL DORADO EAST REGIONAL PARK

7500 Spring Street

(562) 570-1771

HOURS: Spring/Summer: 7 a.m.-8 p.m.

March 1-October 31

Fall/Winter: 7 a.m.-5 p.m.

November 1-February 28

VEHICLE ENTRY FEES

CASH ONLY: Monday-Thursday: \$5 • Friday: \$6

Saturday and Sunday: \$7 • Holidays: \$8

School Buses: \$30 • Other buses: \$35 daily

ANNUAL PARKING PASSES

Purchase at Administration Office, 2760 Studebaker Road or
El Dorado Nature Center, 7550 E. Spring Street.

• General Public Fee: \$60 Each

• Seniors ages 50+/Disabled Fee: \$35 Each

AMENITIES AND SERVICES



- Archery range with target butts
- Barbecue grills - First come, first served
- Bicycle trails - paved (over 4 miles)
- Campground for Youth Groups
- Dog Park
- Two stocked Fishing lakes (license required for 16+)
- Model aircraft flying area (radio controlled)
- Model sailboat area (radio controlled)
- Nature Center - Closed Mondays
- Park Ranger supervision
- Physical Fitness Course - 12 stations - Area II
- Picnic Areas -first come, first served, and reserved areas
- Picnic Shelters
- Playgrounds
- The El Dorado Frontier at El Dorado Park. Train rides and party packages. Open 10 a.m.-4 p.m., Saturdays and Sundays, rain permitting. Weekday operations available for schools/private events. To book a party or for more information call the reservations number at (562)-249-8330. Our new website address is: www.theeldoradofrontier.com.
- Junior Olympic Archery Development (JOAD), call (626) 242-8870.
- Bicycle Rentals - Wheel Fun Rentals, call (805) 650-7770.

RANCHO LOS ALAMITOS HISTORIC RANCH & GARDENS

6400 E. Bixby Hill Road • (562) 431-3541

www.RanchoLosAlamitos.org

PUBLIC HOURS: Wednesday- Sunday, 1-5 p.m.

Enter through Bixby Hill residential gate at Anaheim and Palo Verde. Free admission.

Rancho Los Alamitos is a National Register site and has been home to diverse cultures for more than 1,500 years. It includes a ranch house c.1800-1933 with a core of adobe, four acres of lush historic gardens, an interpretive center, and a restored barnyard area which houses livestock including horses, sheep, goats, chickens, ducks and rabbits.

Hours: Wednesday-Sunday, 1-5 p.m. Enter at the Bixby Hill residential security gate at Anaheim and Palo Verde. Guided tours of the ranch house and barns area start every 30 minutes from the Rancho Center with the last tour at 4 p.m. Docent-guided or self-guided garden tours are available. Free admission and parking.

CURATED TOURS OF FLORENCE BIXBY'S GARDENS AT THE RANCHO

Second Saturdays in March, April, May & June

Noon-2:30 p.m. \$8/person, Advance Reservations Required

The guide for your 2½ hour tour will be Rancho Los Alamitos's own historic gardens expert, Janet Brown Becker. Suitable for adults and interested teens. Space is limited. (The same tour will be conducted on all dates.)

VOLUNTEER APPRECIATION DINNER

Tuesday, April 26, 4-7 p.m.

Rancho Los Alamitos will recognize, honor, share stories and enjoy the company of its more than 200 volunteers. RLA volunteers only.

DACAMERA SOCIETY CONCERT: CHAMBER MUSIC IN HISTORIC SITES

FIRE & GRACE & ASH

Sunday, May 15-1, 3 and 5 p.m. performances, Advance Reservations Required

"One of the great pleasures of the Chamber Music in Historic Sites concerts is the opportunity to see and hear musical artists in classic settings. At their best, the programs are perfect blendings of people and places, the right performers in the right locale." (Los Angeles Times)

MOTHER'S DAY WEEKEND SPRING GARDEN WORKSHOP

Saturday, May 11, 9:30 a.m.-12:30 p.m. Advance Reservations Required

\$80 per person / \$60 per RLA Member

Culinary demonstrations and tastings plus "companion planting" in the garden. Participants will take home inspiration, recipes and garden memento. Ticket price includes all materials.

COTTONWOOD AWARD LUNCHEON

Thursday, May 30, 11 a.m.-1 p.m. Advance Reservations Required

The Cottonwood Award recognizes individuals and organizations who have shown significant leadership in enhancing, promoting and supporting the cultural communities of the Southern California Region.

EXCLUSIVE TOUR AND LUNCHEON

Your group of 10 or more can reserve an exclusive tour and a catered luncheon served in the Rancho garden. Advance reservations are required and the date is subject to availability. The menu selections and prices are listed on the Rancho's website RanchoLosAlamitos.org. For information or to schedule a group tour, please call (562) 431-3541 or send an email to info@RanchoLosAlamitos.org.

All listings are subject to change. Check the Rancho's website for up-to-date information.

RANCHO LOS CERRITOS

4600 North Virginia Road

(562) 206-2040

www.RanchoLosCerritos.org

MUSEUM HOURS:

Wednesday-Sunday, 1- 5 p.m.

Our
175 Year
Anniversary
1844-2019

Rancho Los Cerritos is a National, State, and Long Beach historic landmark. The adobe home (circa 1844) celebrates its 175th anniversary in 2019!

Take a free tour of the historic two-story adobe house, guided by living history interpreters and house docents, during public hours. Free guided tours of the gardens are offered on Saturdays and Sundays, and Spanish-language tours are offered on the fourth Sunday of every month (or by request). Groups of 10 or more should make reservations at least two weeks in advance.

MUSEUM SHOP: We carry a wide assortment of unique gift items, including jams, scented soaps and pressed flower candles from our gardens, hand-turned bowls from our historic trees, and more! The shop also carries old-time children's toys and books. Every purchase helps support educational programs and public events at the Rancho.

SPRING EVENTS AT RANCHO LOS CERRITOS

TONGVA TALKS AND WORKSHOPS

Join us for a series of special events connected to our latest exhibit, "Tevaaxa'nga (Te-vaah-ha-nga) to Today: Stories of the Tongva People." Register online or at the door.

•Saturday, January 26, 10-11:30 a.m. Master Weaver and Ipay Elder Justin Farmer discusses the history and techniques of Indian basketry in California. \$8 per person.

•Saturday, March 16, 10-11:30 a.m. Tongva archeologist Desiree Martinez will discuss the Pimu Catalina Archeology Project and their work developing chronologies of Native Peoples across Catalina Island. \$8 per person.

•Saturday, April 27, 10-11:30 a.m. Julia Bogany, a Tongva Tribal Councilmember, will lead a special workshop where children can make necklaces and learn a few Tongva words. \$5 suggested donation.

BOOKBINDING WORKSHOP Sunday, February 24, 5:30 p.m.

Participants will have an opportunity to make and take a hand-sewn book. Registration fee includes materials, wine, and cheese. \$45 per person; discounts available for volunteers and RLC members. Register online.

SHE'S HISTORY Saturday, March 23, 7:30 p.m.



Drawing on diaries, letters, publications, and biographies and combining theater, history, multimedia, audience interaction, and good old-fashioned story telling, *She's History!* brings to life the true tales of fabulous females. Going back and forth from the past to the present, Writer/Performer/Cultural Historian Amy Simon poignantly finds the funny as she chronicles the struggles and accomplishments of unheralded, unknown and forgotten heroines whose courage and strength inspire as she raises her two daughters. \$35 per person; \$25 for youth/students (this show is suitable for all ages but best enjoyed by people 10 years old and up). Register online.

PAINT NIGHT Thursday, April 25, 5:30 p.m.
 Enjoy an evening out getting in touch with your artistic side at Paint Night. Artist Ron Libbrecht guides you as you create a watercolor painting inspired by RLC's gardens. Registration fee includes materials, wine, and cheese. \$45 per person; discounts available for volunteers and RLC members. Register online.



CREATION STATION Saturdays March 2, April 6, May 4, June 1, 1-4 P.M
 Nature-themed crafts and activities for families. Rain or shine. Free.

STORYTIME Tuesdays, March 5, 12, 19, 26, 9:30 a.m.
 Celebrate National Reading Month with storytime for babies and toddlers at the RLC library, every Tuesday in March. Free.

BIRD WALK Thursdays Feb 7, March 14, April 11, May 9, 8 a.m.
 Stroll through the grounds of the historic rancho and watch both resident birds and seasonal migrants. Second Thursday of every month, 8 a.m. Meet in RLC parking lot.



VOLUNTEER OPPORTUNITIES

VOLUNTEER OPEN HOUSE Friday, Feb 4, 2:30-4 p.m.
 Learn about the many ways you can make a difference by attending our Volunteer Open House. Register online or by calling (562) 206-2045.

HOUSE DOCENT TRAINING Fridays, Feb 22-April 12, 1:30-4:30 p.m.
 Learn about the people who lived and worked at the Rancho and how they contributed to the growth of Southern California, so you can lead public tours of the historic ranch house. To sign up, email rancho@rancholoscerritos.org or call (562) 206-2045.

GARDEN DOCENT TRAINING Fridays, Feb 22-April March 22, 9 a.m.-1 p.m.
 Discover the Rancho's many garden 'rooms' and how Rancho families used them. Learn about the site's historic plants, then share these stories with the public. To sign up, email rancho@rancholoscerritos.org or call (562) 206-2045.

HOMELAND CULTURAL CENTER

1321 Anaheim St., MacArthur Park
 (562) 570-1655

Hours: Monday-Thursday 3-10 p.m.
 Saturday 10 a.m.- 6 p.m.
 Sunday 9 a.m.-6 p.m.
 Closed Fridays

FREE CLASSES AND WORKSHOPS! WINNER OF EXCELLENCE CALIFORNIA PARK AND RECREATION SOCIETY.

Explore and share traditional and contemporary cultural traditions!

Homeland Cultural Center at MacArthur Park is a uniquely welcoming multicultural environment. Programs are offered year-round in traditional ethnic and urban contemporary arts. All programs are free and open to the public, and no registration is necessary.



African Drum/Dance
 10 a.m.-4 p.m. Sa
Aztec Dance
 7-9 p.m. W
Ballet Folklorico
 5-7 p.m. W

Cambodian Art and Music
 2-4 p.m. Sa
Drums
 4-6 p.m. Tu
Graf Murals
 6-10 p.m. M, Tu
Guitar/Bass
 4-6 p.m. Th
Hmong Arts
 9 a.m.-2 p.m. Su
Instant Band (Music Improvisations)
 4-6 p.m. Sa
Krump Dance
 7-9 p.m. Th
Micronesian Arts
 2-6 p.m. Su
Movie Makers Workshop
 1-3 p.m. Sa
Popping and Breakdance
 6-10 p.m. M, Tu
Senior Recreational Dance
 3-5 p.m. Tu, W



Bokator (Martial Arts)
 7-9 p.m. Th
Breakdancing for Kids
 4-6 p.m. Tu



BELMONT PLAZA POOL

4320 East Olympic Plaza • (562) 570-1806

GENERAL INFORMATION

Belmont Plaza Pool is a year-round, outdoor facility. Water temperature is maintained between 80-82 degrees. Children under 48 inches tall must be accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers." Pool fee is per entry. We do not offer refunds of admission fees. Schedules and fees may be subject to change. **POOL CLOSED MONDAY, MAY 27 (MEMORIAL DAY).**

OPEN SWIM FEES

Youth (ages 17 Yrs & under)	\$1
Seniors (ages 50 Yrs & over)	\$3
Adults (ages 18-49 Yrs)	\$4

SWIM PASSES: Swim passes are available online or at the pool. Each swim pass purchase is valid for 1-year from purchase date. Membership pass fees: Youth-\$25, Seniors-\$58, Adults-\$87. Membership Pass valid for 25 visits. Fees may be subject to change.

LAP SWIM

M-F	5:30-9:30 a.m.
M/W/F	10 a.m.-2 p.m.
Tu/Th	11 a.m.-2 p.m.
Tu/Th	7-9 p.m.
Sa/Su	8 a.m.-noon

ALL AGES RECREATION SWIM

M/W	7-9 p.m.
Sa/Su	noon-2 p.m.

Swim meets and special events may cause changes to the regular pool schedule. Call the pool at 570-1806 for more information or check the website at: <http://www.longbeach.gov/park/recreation-programs/aquatics/pools/belmont-pool/>.

WATER EXERCISE CLASSES

Adults of all ages benefit from these fun, fast paced, low impact classes designed to shape you up with little or no stress on your knees or back. For more information regarding the Water Exercise program, call (562) 570-1807. Seniors 50+ are free with a Senior Fitness Pass. Walk-in fee is \$6 per class for adults. \$42 for a fitness pass valid for 10 classes.

Deep Water Exercise:	M/W/F/Su	10-10:50 a.m.
Shallow Water Exercise:	M/W/F/Su	11-11:50 a.m.
	Tu/Th	7:10-8 p.m.



SWIM LESSONS

Class options: Saturday mornings, Monday/Wednesday evenings. Youth classes are 25 minutes in length; Adults 50 minutes. Registration for classes will be available on-line (lbparks.org) or at Belmont Plaza Pool during regular scheduled hours. Cash, money orders, debit/credit card, and personal checks with a preprinted address are accepted. Please make checks payable to the City of Long Beach.

Online registration is also available for all swimming lessons offered at Belmont Plaza Pool. Visit <http://lbparks.org> to register online. If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be cancelled or combined in the event of low enrollment. Please register early to reserve your place in class.



AQUATICS - PARENT & CHILD

An introductory course for children 9 months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kickboards, floating on back, and rolling over.

30523	9 Mos-2 Yrs	3/2-4/20	9-9:25 a.m.	Sa	\$44
30524	9 Mos-2 Yrs	3/2-4/20	11:30-11:55 a.m.	Sa	\$44
30555	9 Mos-2 Yrs	3/11-4/3	3-3:25 p.m.	MW	\$44
30525	9 Mos-2 Yrs	3/11-4/3	6-6:25 p.m.	MW	\$44
30556	9 Mos-2 Yrs	4/8-5/1	3-3:25 p.m.	MW	\$44
30526	9 Mos-2 Yrs	4/8-5/1	6-6:25 p.m.	MW	\$44
30527	9 Mos-2 Yrs	4/27-6/15	9-9:25 a.m.	Sa	\$44
30528	9 Mos-2 Yrs	4/27-6/15	11:30-11:55 a.m.	Sa	\$44
30557	9 Mos-2 Yrs	5/6-5/29	3-3:25 p.m.	MW	\$38.50
30529	9 Mos-2 Yrs	5/6-5/29	6-6:25 p.m.	MW	\$38.50

AQUATICS - PRE SCHOOL AQUATICS 1

Skills taught in Pre School Aquatics 1 include: blowing bubbles, front float, back float, front glide, back-glide, introduction to arm and leg action on front, jumping in, and safety rules.

30530	3-5 Yrs	3/2-4/20	9-9:25 a.m.	Sa	\$44
30531	3-5 Yrs	3/2-4/20	10:30-10:55 a.m.	Sa	\$44
30532	3-5 Yrs	3/11-4/3	3-3:25 p.m.	MW	\$44
30533	3-5 Yrs	3/11-4/3	5-5:25 p.m.	MW	\$44
30534	3-5 Yrs	4/8-5/1	3-3:25 p.m.	MW	\$44
30535	3-5 Yrs	4/8-5/1	5-5:25 p.m.	MW	\$44
30536	3-5 Yrs	4/27-6/15	9-9:25 a.m.	Sa	\$44
30537	3-5 Yrs	4/27-6/15	10:30-10:55 a.m.	Sa	\$44
30538	3-5 Yrs	5/6-5/29	3-3:25 p.m.	MW	\$38.50
30539	3-5 Yrs	5/6-5/29	5-5:25 p.m.	MW	\$38.50

AQUATICS – PRE SCHOOL AQUATICS 2

Skills taught in Pre School Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

30540	3-5 Yrs	3/2-4/20	9:30-9:55 a.m.	Sa	\$44
30541	3-5 Yrs	3/2-4/20	11-11:25 a.m.	Sa	\$44
30542	3-5 Yrs	3/11-4/3	3:30-3:55 p.m.	MW	\$44
30543	3-5 Yrs	3/11-4/3	5:30-5:55 p.m.	MW	\$44
30544	3-5 Yrs	4/8-5/1	3:30-3:55 p.m.	MW	\$44
30545	3-5 Yrs	4/8-5/1	5:30-5:55 p.m.	MW	\$44
30546	3-5 Yrs	4/27-6/15	9:30-9:55 a.m.	Sa	\$44
30547	3-5 Yrs	4/27-6/15	11-11:25 a.m.	Sa	\$44
30548	3-5 Yrs	5/6-5/29	3:30-3:55 p.m.	MW	\$38.50
30549	3-5 Yrs	5/6-5/29	5:30-5:55 p.m.	MW	\$38.50

AQUATICS – PRE SCHOOL AQUATICS 3

Skills taught in Pre School Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breaststroke and water safety skills.

30550	3-5 Yrs	3/2-4/20	9:30-9:55 a.m.	Sa	\$44
30551	3-5 Yrs	3/11-4/3	3:30-3:55 p.m.	MW	\$44
30552	3-5 Yrs	4/8-5/1	3:30-3:55 p.m.	MW	\$44
30553	3-5 Yrs	4/27-6/15	9:30-9:55 a.m.	Sa	\$44
30554	3-5 Yrs	5/6-5/29	3:30-3:55 p.m.	MW	\$38.50

AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

30485	6-12 Yrs	3/2-4/20	10-10:25 a.m.	Sa	\$44
30486	6-12 Yrs	3/2-4/20	11-11:25 a.m.	Sa	\$44
30487	6-12 Yrs	3/11-4/3	4:30-4:55 p.m.	MW	\$44
30488	6-12 Yrs	3/11-4/3	6:30-6:55 p.m.	MW	\$44
30489	6-12 Yrs	4/8-5/1	4:30-4:55 p.m.	MW	\$44
30490	6-12 Yrs	4/8-5/1	6:30-6:55 p.m.	MW	\$44
30491	6-12 Yrs	4/27-6/15	10-10:25 a.m.	Sa	\$44
30492	6-12 Yrs	4/27-6/15	11-11:25 a.m.	Sa	\$44
30493	6-12 Yrs	5/6-5/29	4:30-4:55 p.m.	MW	\$38.50
30494	6-12 Yrs	5/6-5/29	6:30-6:55 p.m.	MW	\$38.50

AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

30495	6-12 Yrs	3/2-4/20	10-10:25 a.m.	Sa	\$44
30496	6-12 Yrs	3/2-4/20	11:30-11:55 a.m.	Sa	\$44
30497	6-12 Yrs	3/11-4/3	4-4:25 p.m.	MW	\$44
30498	6-12 Yrs	3/11-4/3	5:30-5:55 p.m.	MW	\$44
30499	6-12 Yrs	4/8-5/1	4-4:25 p.m.	MW	\$44
30500	6-12 Yrs	4/8-5/1	5:30-5:55 p.m.	MW	\$44
30501	6-12 Yrs	4/27-6/15	10-10:25 a.m.	Sa	\$44
30502	6-12 Yrs	4/27-6/15	11:30-11:55 a.m.	Sa	\$44
30503	6-12 Yrs	5/6-5/29	4-4:25 p.m.	MW	\$38.50
30504	6-12 Yrs	5/6-5/29	5:30-5:55 p.m.	MW	\$38.50

AQUATICS - LEVEL 3

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

30505	6-12 Yrs	3/2-4/20	10:30-10:55 a.m.	Sa	\$44
30506	6-12 Yrs	3/11-4/3	4-4:25 p.m.	MW	\$44
30507	6-12 Yrs	3/11-4/3	6-6:25 p.m.	MW	\$44
30508	6-12 Yrs	4/8-5/1	4-4:25 p.m.	MW	\$44
30509	6-12 Yrs	4/8-5/1	6-6:25 p.m.	MW	\$44
30510	6-12 Yrs	4/27-6/15	10:30-10:55 a.m.	Sa	\$44
30511	6-12 Yrs	5/6-5/29	4-4:25 p.m.	MW	\$38.50
30512	6-12 Yrs	5/6-5/29	6-6:25 p.m.	MW	\$38.50

AQUATICS - LEVEL 4

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

30513	6-12 Yrs	3/2-4/20	8:30-8:55 a.m.	Sa	\$44
30514	6-12 Yrs	3/11-4/3	4:30-4:55 p.m.	MW	\$44
30465	6-12 Yrs	3/11-4/3	6:30-6:55 p.m.	MW	\$44
30515	6-12 Yrs	4/8-5/1	4:30-4:55 p.m.	MW	\$44
30466	6-12 Yrs	4/8-5/1	6:30-6:55 p.m.	MW	\$44
30516	6-12 Yrs	4/27-6/15	8:30-8:55 a.m.	Sa	\$44
30517	6-12 Yrs	5/6-5/29	4:30-4:55 p.m.	MW	\$38.50
30468	6-12 Yrs	5/6-5/29	6:30-6:55 p.m.	MW	\$38.50

AQUATICS - LEVEL 5-6

Skills taught in Level 5-6 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke.

30518	6-12 Yrs	3/2-4/20	8-8:25 a.m.	Sa	\$44
30519	6-12 Yrs	3/11-4/3	5-5:25 p.m.	MW	\$44
30520	6-12 Yrs	4/8-5/1	5-5:25 p.m.	MW	\$44
30521	6-12 Yrs	4/27-6/15	8-8:25 a.m.	Sa	\$44
30522	6-12 Yrs	5/6-5/29	5-5:25 p.m.	MW	\$38.50

AQUATICS - ADULTS

Teaches new skills and improves endurance and swimming abilities for adults of all levels.

30464	13 Yrs +	3/2-4/20	8-8:50 a.m.	Sa	\$52
30467	13 Yrs +	4/27-6/15	8-8:50 a.m.	Sa	\$52

PRIVATE & SEMI-PRIVATE SWIM LESSONS

ENROLL TO THE WAITLIST ONLINE AT NO COST. POOL STAFF WILL FILL ALL AVAILABLE SLOTS FROM THE WAITLIST. Private lessons are offered as one-on-one with instructor. Price for private lessons is \$160 for eight (8) 25-minute lessons. Semi-Private lessons are offered as 2-3 students to 1 instructor. Price for semi-private lessons is \$103 for eight (8) 25-minute lessons.



Lessons are offered on Saturday mornings, Monday/Wednesday evenings & Tuesday/Thursday evenings: March-October. Session dates run concurrent with group lessons. For information and availability please contact the pool at (562) 570-1807.

AQUATICS-BELMONT PRIVATE SWIM LESSONS

30469	9 Mos & up	3/2-4/20	8 a.m.-noon	Sa	\$160
30470	9 Mos & up	3/11-4/3	3-7 p.m.	MW	\$160
30471	9 Mos & up	3/12-4/4	3-7 p.m.	TTh	\$160
30472	9 Mos & up	4/8-5/1	3-7 p.m.	MW	\$160
30473	9 Mos & up	4/9-5/2	3-7 p.m.	TTh	\$160
30474	9 Mos & up	4/27-6/15	8 a.m.-noon	Sa	\$160
30475	9 Mos & up	5/6-5/29	3-7 p.m.	MW	\$140
30476	9 Mos & up	5/7-5/30	3-7 p.m.	TTh	\$160

AQUATICS-BELMONT SEMI PRIVATE SWIM LESSONS

30477	9 Mos & up	3/2-4/20	8 a.m.-noon	Sa	\$103
30478	9 Mos & up	3/11-4/3	3-7 p.m.	MW	\$103
30479	9 Mos & up	3/12-4/4	3-7 p.m.	TTh	\$103
30480	9 Mos & up	4/8-5/1	3-7 p.m.	MW	\$103
30481	9 Mos & up	4/9-5/2	3-7 p.m.	TTh	\$103
30482	9 Mos & up	4/27-6/15	8 a.m.-noon	Sa	\$103
30483	9 Mos & up	5/6-5/29	3-7 p.m.	MW	\$91
30484	9 Mos & up	5/7-5/30	3-7 p.m.	TTh	\$103

KING PARK POOL

1910 Lemon Avenue • (562) 570-1718

GENERAL INFORMATION

King Park Pool is a year-round, indoor facility. Water temperature is maintained between 83-85 degrees. Children under 42 inches tall must be accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers". Pool fee is per entry. We do not offer refunds of admission fees. Schedule and fees may be subject to change. POOL CLOSED – MONDAY, MAY 27 (Memorial Day).

OPEN SWIM FEES

Youth (ages 17 Yrs & under)	\$1
Senior Citizens (ages 50 Yrs & over)	\$2
Adults (ages 18-49 Yrs)	\$3

SWIM PASSES: Swim passes are available online or at the pool. Each swim pass purchase is valid for 1-year from purchase date. Membership pass fees: Youth-\$25, Seniors-\$40, Adults-\$65. Membership pass is valid for 25 visits. Fees may be subject to change.

LAP SWIM

Tu/Th/F	6-8 a.m.
Tu/Th/F	noon-2 p.m.
Tu/Th	9-11 a.m.
Sa/Su	noon-1 p.m.

ALL AGES RECREATION SWIM

Sa/Su	1-3:30 p.m.
Tu/Th/F	2:30-4 p.m.
Tu/Th	6:30-8 p.m.

WATER EXERCISE CLASSES

Ages 16 & up. Looking for a new style of exercise? This is the class for you! It will help you shape-up and keep fit. This class is offered on an on-going basis. Don't miss the fun! Fee is \$3.00/class meeting. Senior Citizens 50+ free with a Senior Fitness Pass.

Deep Water:	Tu/Th/F	6:30-7:20 a.m.
Shallow Water:	Tu/Th/F	8-8:50 a.m.
	M/W	6-6:50 p.m.

SWIMMING LESSONS

Class options: Tuesday/Thursday or Saturday. Youth classes are 25 minutes in length; Adults 50 minutes. Registration for classes will be available online or at King Park Pool during regular scheduled hours. Cash, money orders, debit/credit card, and personal checks with a preprinted address are accepted. Please make checks payable to the City of Long Beach.

Online registration is also available for all swimming lessons offered at King Park Pool. Visit www.lbparks.org to register online. Refunds for classes will only be granted prior to the first class meeting, with a \$10 service charge assessed.

If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be cancelled or combined in the event of low enrollment. Please register early to reserve your place in class no later than one week prior to the beginning of the session.

REGISTRATION DATES

Lessons starting date:	Registration begins:
3/2-4/20 Saturday	2/4/19 at 8 a.m.
3/5-3/28 Tuesday/Thursday	2/4/19 at 8 a.m.
4/2-4/25 Tuesday/Thursday	3/19/19 at 8 a.m.
4/27-6/15 Saturday	3/30/19 at 8 a.m.
4/30-5/23 Tuesday/Thursday	4/16/19 at 8 a.m.

AQUATICS - PARENT & CHILD

An introductory course for children 9 months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kickboards, floating on back and rolling over.

30650	9 Mos-3 Yrs	3/2-4/20	11-11:25 a.m.	Sa	\$32
30681	9 Mos-3 Yrs	4/27-6/15	11-11:25 a.m.	Sa	\$32

AQUATICS - PRESCHOOL AQUATICS 1

Skills taught in Preschool Aquatics 1 include: blowing bubbles, front float, back float, front glide, back glide, introduction to arm and leg action on front, jumping in, and safety rules.

30644	3-5 Yrs	3/2-4/20	9:30-9:55 a.m.	Sa	\$32
30652	3-5 Yrs	3/5-3/28	4-4:25 p.m.	Tu/Th	\$32
30661	3-5 Yrs	4/2-4/25	4-4:25 p.m.	Tu/Th	\$32
30675	3-5 Yrs	4/27-6/15	9:30-9:55 a.m.	Sa	\$32
30683	3-5 Yrs	4/30-5/23	4-4:25 p.m.	Tu/Th	\$32

AQUATICS - PRESCHOOL AQUATICS 2

Skills taught in Pre-School Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

30646	3-5 Yrs	3/2-4/20	11-11:25 a.m.	Sa	\$32
30656	3-5 Yrs	3/5-3/28	4:30-4:55 p.m.	Tu/Th	\$32
30665	3-5 Yrs	4/2-4/25	4:30-4:55 p.m.	Tu/Th	\$32
30677	3-5 Yrs	4/27-6/15	11-11:25 a.m.	Sa	\$32
30687	3-5 Yrs	4/30-5/23	4:30-4:55 p.m.	Tu/Th	\$32

AQUATICS - PRESCHOOL AQUATICS 3

Skills taught in Preschool Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breaststroke, and water safety skills.

30647	3-5 Yrs	3/2-4/20	11-11:25 a.m.	Sa	\$32
30657	3-5 Yrs	3/5-3/28	5-5:25 p.m.	Tu/Th	\$32
30666	3-5 Yrs	4/2-4/25	5-5:25 p.m.	Tu/Th	\$32
30678	3-5 Yrs	4/27-6/15	11-11:25 a.m.	Sa	\$32
30688	3-5 Yrs	4/30-5/23	5-5:25 p.m.	Tu/Th	\$32

AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

30643	6-12 Yrs	3/2-4/20	9:30-9:55 a.m.	Sa	\$32
30648	6-12 Yrs	3/2-4/20	10-10:25 a.m.	Sa	\$32
30653	6-12 Yrs	3/5-3/28	4-4:25 p.m.	Tu/Th	\$32
30662	6-12 Yrs	4/2-4/25	4-4:25 p.m.	Tu/Th	\$32
30674	6-12 Yrs	4/27-6/15	9:30-9:55 a.m.	Sa	\$32
30679	6-12 Yrs	4/27-6/15	10-10:25 a.m.	Sa	\$32
30684	6-12 Yrs	4/30-5/23	4:30-4:55 p.m.	Tu/Th	\$32

AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

30645	6-12 Yrs	3/2-4/20	11:30-11:55 a.m.	Sa	\$32
30659	6-12 Yrs	3/5-3/28	4:30-4:55 p.m.	Tu/Th	\$32
30668	6-12 Yrs	4/2-4/25	4:30-4:55 p.m.	Tu/Th	\$32
30676	6-12 Yrs	4/27-6/15	11:30-11:55 a.m.	Sa	\$32
30690	6-12 Yrs	4/30-5/23	4:30-4:55 p.m.	Tu/Th	\$32

AQUATICS - LEVEL 3

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

30651	6-12 Yrs	3/2-4/20	11:30-11:55 a.m.	Sa	\$32
30660	6-12 Yrs	3/5-3/28	4:30-4:55 p.m.	Tu/Th	\$32
30669	6-12 Yrs	4/2-4/25	4:30-4:55 p.m.	Tu/Th	\$32
30682	6-12 Yrs	4/27-6/15	11:30-11:55 a.m.	Sa	\$32
30691	6-12 Yrs	4/30-5/23	4:30-4:55 p.m.	Tu/Th	\$32

AQUATICS - LEVEL 4

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

30649	6-12 Yrs	3/2-4/20	10:30-10:55 a.m.	Sa	\$32
30654	6-12 Yrs	3/5-3/28	4-4:25 p.m.	Tu/Th	\$32
30663	6-12 Yrs	4/2-4/25	4-4:25 p.m.	Tu/Th	\$32
30680	6-12 Yrs	4/27-6/15	10:30-10:55 a.m.	Sa	\$32
30685	6-12 Yrs	4/30-5/23	4-4:25 p.m.	Tu/Th	\$32

AQUATICS - LEVEL 5/6

Skills taught in Level 5/6 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke.

30640	6-12 Yrs	Level 5	3/2-4/20	9-9:25 a.m.	Sa	\$32
30641	6-12 Yrs	Level 6	3/2-4/20	9-9:25 a.m.	Sa	\$32
30655	6-12 Yrs	Both Level 5/6	3/5-3/28	5-5:25 p.m.	Tu/Th	\$32
30664	6-12 Yrs	Both Level 5/6	4/2-4/25	5-5:25 p.m.	Tu/Th	\$32
30671	6-12 Yrs	Level 5	4/27-6/15	9-9:25 a.m.	Sa	\$32
30672	6-12 Yrs	Level 6	4/27-6/15	9-9:25 a.m.	Sa	\$32
30686	6-12 Yrs	Both Level 5/6	4/30-5/23	5-5:25 p.m.	Tu/Th	\$32

AQUATICS - ADULTS

Teaches new skills and improves endurance and swimming abilities for adults of all levels.

30639	13 Yrs+	3/2-4/20	10-10:50 a.m.	Sa	\$40
30658	13 Yrs+	3/5-3/28	5:30-6:20 p.m.	Tu/Th	\$40
30667	13 Yrs+	4/2-4/25	5:30-6:20 p.m.	Tu/Th	\$40
30670	13 Yrs+	4/27-6/15	10-10:50 a.m.	Sa	\$40
30689	13 Yrs+	4/30-5/23	5:30-6:20 p.m.	Tu/Th	\$40

JUNIOR LIFEGUARD PROGRAM

Get started for a future job as a lifeguard. Learn swimming and life guarding skills. For ages 13-16, must have Level 5 swim skills. Please call the pool for more information. Saturdays, 9 a.m. starting March 2.

POOL RENTALS

Please call the supervisor at 562-570-1718 for information, fees and scheduling availability.

LEEWAY SAILING CENTER

205 North Marina Drive (during construction)
(562) 570-1719

GENERAL INFORMATION

Leeway Sailing Center offers lessons in sailing. All classes require registration at least 48 hours in advance either online or at the Parks, Recreation and Marine Registration Office. Registrations are not accepted at the facility. **LEEWAY CLOSED SATURDAY, MAY 25-MONDAY, AND MAY 27 (MEMORIAL DAY HOLIDAY).**



BEGINNING CAPRI SAILING (14' BOATS)

13 Yrs & up • \$120

A beginning sailing class designed to introduce adult students to the exciting sport of dinghy sailing.

30558	3/2-3/23	9 a.m.-noon	Sa
30559	3/30-4/20	9 a.m.-noon	Sa
30560	4/27-5/18	9 a.m.-noon	Sa
30561	3/3-3/24	9 a.m.-noon	Su
30562	3/31-4/21	9 a.m.-noon	Su
30563	4/28-5/19	9 a.m.-noon	Su

BEGINNING SABOT SAILING (8' BOATS)

8 Yrs & up • \$120

A beginning sailing class designed to introduce children to the exciting sport of dinghy sailing. No previous experience is necessary.

30564	3/2-3/23	9 a.m.-noon	Sa
30565	3/30-4/20	9 a.m.-noon	Sa
30566	4/27-5/18	9 a.m.-noon	Sa

INTERMEDIATE CAPRI SAILING (14' BOATS)

13 Yrs & up • \$120

For sailors who have completed our Beginning Capri class. Learn advanced sailing skills such as solo sailing, backwinding, basic racing, tiller extensions and controlled jibes.

30567	3/3-3/24	12:30-3:30 p.m.	Su
30568	3/31-4/21	12:30-3:30 p.m.	Su
30569	4/28-5/19	12:30-3:30 p.m.	Su

INTERMEDIATE SABOT SAILING (8' BOATS)

8 Yrs & up • \$120

An intermediate class for sailors that have completed Beginning Sabot. This class focuses on boat handling skills and beginning tactics.

30570	3/2-3/23	12:30-3:30 p.m.	Sa
30571	3/30-4/20	12:30-3:30 p.m.	Sa
30572	4/27-5/18	12:30-3:30 p.m.	Sa

KEELBOAT CLASS

13 Yrs & up • \$133

A class for those with sailing experience. Participants must have Intermediate Capri certification and/or skills needed for ocean sailing on a Keelboat.

30573	3/3-3/24	10 a.m.-2 p.m.	Su
30574	3/31-4/21	10 a.m.-2 p.m.	Su
30575	4/28-5/19	10 a.m.-2 p.m.	Su

SABOT RACING CLINIC (8' BOATS)

8 Yrs & up \$195

This six-week course is designed for Sabot students that would like to learn racing strategy, tactics, and advanced boat handling skills. Participants should bring their own lunch, water and snacks. Must have instructor approval to register. Class will take place every other Sunday from 12-3 p.m.. The clinic begins on: Sunday, March 3.

30576	3/3-5/12	noon-3 p.m.	Su
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SPRING SAILING C A.M.P (8' BOATS)

8 Yrs & up \$120

A three-day Spring Break camp for Sabot sailors that are ready to learn more advanced racing techniques. Must have completed Intermediate Sabot Sailing class.

30577	4/24-4/26	11 a.m.-3 p.m.	W-F
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PRIVATE LESSONS

Private (\$60 per hour) and semi-private lessons (\$45.50 per hour) in sailing are available. Call Leeway Sailing Center at (562) 570-1719 for more information.

SAIL CLUB

A rental program offered on Saturdays from noon-5 p.m. year-round. All participants must have successfully completed a course conducted by Leeway Sailing Center or must pass a skills check conducted by Leeway staff prior to renting equipment. A skills check may be scheduled by calling the Sailing Center at (562) 570-1719 at least one week in advance. The skills check fee is \$90 per person.

Rental rates are as follows:

Capri & Sabots: \$17/hour

Kayaks & Canoe: \$13/hour

SILVERADO PARK POOL

1540 West 32nd Street • (562) 570-1721

GENERAL INFORMATION

Silverado Pool is a year-round, indoor facility. Water temperature is maintained between 83-85 degrees. Children must be at least 42 inches tall or accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers." Pool fee is per entry. We do not offer refunds of admission fees. Schedule and fees may be subject to change. POOL CLOSED – MONDAY, MAY 27 (MEMORIAL DAY).

OPEN SWIM FEES

Youth (ages 17 Yrs & under) \$1
Seniors (ages 50 Yrs & over) \$2
Adults (ages 18-49 Yrs) \$3

SWIM PASSES: Swim passes are available online or at the pool. Each swim pass purchase valid for 1-year from purchase date. Membership pass fees: Youth-\$25, Seniors-\$40, Adults-\$65. Membership Pass valid for 25 visits. Fees may be subject to change.

LAP SWIM

M/W/F 6:30-10:50 a.m.
noon-2 p.m.
M/W 6-7 p.m., 2 LANES ONLY
Sa noon-1 p.m.
Su 8-11 a.m.

ALL AGES RECREATION SWIM

M/W 2-3:30 p.m.
Sa 1-3:30 p.m.

WATER EXERCISE CLASSES

Seniors 50+ are free with a Senior Fitness Pass. Walk-in fee is \$3 per class for adults. Benefit from these fun, fast paced, low impact classes designed to shape you up with little or no stress on your knees or back.

Deep Water Exercise: M/W/F/Su 10-10:50 a.m.

Shallow Water Exercise: M/W/F/Su 11-11:50 a.m.

WEIGHT ROOM

We offer a full set of Universal equipment and two Lifecycles. The weight room is open during the above hours of operation. Fees include pool use and are the same as pool entry. Users must be 18 years of age and wear closed toe shoes and T-shirts.

SWIMMING LESSONS

Class options: Monday and Wednesday or Saturday. Youth classes are 25 minutes in length; adults 50 minutes. Registration for classes will be available on-line or at Silverado Park Pool during regular scheduled hours up to 15 minutes before closing.

Cash, money orders, debit/credit card, and personal checks with a pre-printed address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at Silverado Park Pool. Visit www.lbparks.org to register online. If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be cancelled or combined in the event of low enrollment.

AQUATICS - PARENT & CHILD

An introductory course for children nine months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kickboards, floating on back, and rolling over.

30615	9 Mos-3 Yrs	3/2-4/20	9-9:25 a.m.	Sa	\$32
30890	9 Mos-3 Yrs	3/4-3/27	6-6:25 p.m.	MW	\$32
30616	9 Mos-3 Yrs	4/1-4/24	6-6:25 p.m.	MW	\$32
30618	9 Mos-3 Yrs	4/27-6/15	9-9:25 a.m.	Sa	\$32
30617	9 Mos-3 Yrs	4/29-5/22	6-6:25 p.m.	MW	\$32

AQUATICS - PRE SCHOOL AQUATICS 1

Skills taught in Pre School Aquatics 1 include: blowing bubbles, front float, back float, front glide, back glide, introduction to arm and leg action on front, jumping in, and safety rules.

30619	3-5 Yrs	3/2-4/20	9:30-9:55 a.m.	Sa	\$32
30624	3-5 Yrs	3/2-4/20	10-10:25 a.m.	Sa	\$32
30620	3-5 Yrs	3/4-3/27	4-4:25 p.m.	MW	\$32
30621	3-5 Yrs	4/1-4/24	4-4:25 p.m.	MW	\$32
30623	3-5 Yrs	4/27-6/15	9:30-9:55 a.m.	Sa	\$32
30625	3-5 Yrs	4/27-6/15	10-10:25 a.m.	Sa	\$32
30622	3-5 Yrs	4/29-5/22	4-4:25 p.m.	MW	\$32

AQUATICS - PRE SCHOOL AQUATICS 2

Skills taught in Pre School Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

30626	3-5 Yrs	3/2-4/20	9:30-9:55 a.m.	Sa	\$32
30627	3-5 Yrs	3/4-3/27	4-4:25 p.m.	MW	\$32
30628	3-5 Yrs	4/1-4/24	4-4:25 p.m.	MW	\$32
30630	3-5 Yrs	4/27-6/15	9:30-9:55 a.m.	Sa	\$32
30629	3-5 Yrs	4/29-5/22	4-4:25 p.m.	MW	\$32

AQUATICS - PRE SCHOOL AQUATICS 3

Skills taught in Pre School Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breast-stroke and water safety skills.

30631	3-5 Yrs	3/2-4/20	10:30-10:55 a.m.	Sa	\$32
30635	3-5 Yrs	4/27-6/15	10:30-10:55 a.m.	Sa	\$32

AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

30583	6-12 Yrs	3/2-4/20	10-10:25 a.m.	Sa	\$32
30588	6-12 Yrs	3/2-4/20	11-11:25 a.m.	Sa	\$32
30584	6-12 Yrs	3/4-3/27	4:30-4:55 p.m.	MW	\$32
30585	6-12 Yrs	4/1-4/24	4:30-4:55 p.m.	MW	\$32
30587	6-12 Yrs	4/27-6/15	10-10:25 a.m.	Sa	\$32
30589	6-12 Yrs	4/27-6/15	11-11:25 a.m.	Sa	\$32
30586	6-12 Yrs	4/29-5/22	4:30-4:55 p.m.	MW	\$32

AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

30590	6-12 Yrs	3/2-4/20	10-10:25 a.m.	Sa	\$32
30591	6-12 Yrs	3/4-3/27	4:30-4:55 p.m.	MW	\$32
30592	6-12 Yrs	4/1-4/24	4:30-4:55 p.m.	MW	\$32
30594	6-12 Yrs	4/27-6/15	10-10:25 a.m.	Sa	\$32
30593	6-12 Yrs	4/29-5/22	4:30-4:55 p.m.	MW	\$32

AQUATICS - LEVEL 3

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

30595	6-12 Yrs	3/2-4/20	10:30-10:55 a.m.	Sa	\$32
30596	6-12 Yrs	3/4-3/27	5-5:25 p.m.	MW	\$32
30597	6-12 Yrs	4/1-4/24	5-5:25 p.m.	MW	\$32
30599	6-12 Yrs	4/27-6/15	10:30-10:55 a.m.	Sa	\$32
30598	6-12 Yrs	4/29-5/22	5-5:25 p.m.	MW	\$32

AQUATICS - LEVEL 4

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

30600	6-12 Yrs	3/2-4/20	10:30-10:55 a.m.	Sa	\$32
30601	6-12 Yrs	3/4-3/27	5-5:25 p.m.	MW	\$32
30602	6-12 Yrs	4/1-4/24	5-5:25 p.m.	MW	\$32
30604	6-12 Yrs	4/27-6/15	10:30-10:55 a.m.	Sa	\$32
30603	6-12 Yrs	4/29-5/22	5-5:25 p.m.	MW	\$32

AQUATICS - LEVEL 5

Skills taught in Level 5 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke 2.

30608	6-12 Yrs	3/2-4/20	11-11:25 a.m.	Sa	\$32
30605	6-12 Yrs	3/4-3/27	5:30-5:55 p.m.	MW	\$32
30606	6-12 Yrs	4/1-4/24	5:30-5:55 p.m.	MW	\$32
30609	6-12 Yrs	4/27-6/15	11-11:25 a.m.	Sa	\$32
30607	6-12 Yrs	4/29-5/22	5:30-5:55 p.m.	MW	\$32

AQUATICS - LEVEL 6

Skills taught in Level 6 include: building endurance in front crawl, back crawl, breaststroke, and sidestroke.

29278	6-12 Yrs	3/2-4/20	11-11:25 a.m.	Sa	\$32
29279	6-12 Yrs	3/4-3/27	5:30-5:55 p.m.	MW	\$32
29280	6-12 Yrs	4/1-4/24	5:30-5:55 p.m.	MW	\$32
29278	6-12 Yrs	4/27-6/15	11-11:25 a.m.	Sa	\$32
29280	6-12 Yrs	4/29-5/22	5:30-5:55 p.m.	MW	\$32

AQUATICS - ADULTS

Teaches new skills, improves endurance and swimming abilities for adults of all levels.

30578	13 Yrs +	3/2-4/20	8-8:55 a.m.	Sa	\$40
30579	13 Yrs +	3/4-3/27	6-6:50 p.m.	MW	\$40
30580	13 Yrs +	4/1-4/24	6-6:50 p.m.	MW	\$40
30582	13 Yrs +	4/27-6/15	8-8:55 a.m.	Sa	\$40
30581	13 Yrs +	4/29-5/22	6-6:50 p.m.	MW	\$40

PRIVATE SWIM LESSONS

Instructor Robert Bruce Hirschhorn has 38 years of experience specializing in early childhood water safety, adult beginners and special needs students of all ages. The fee for five 20-minute private lessons is \$175. Lessons are by appointment only. Call (562) 431-4080 for information regarding this program.

AQUATICS DAY CAMPS

4320 OLYMPIC PLAZA • (562) 570-1888

SPRING CAMP – LEEWAY SAILING CENTER

Online: www.lbparks.org

Aquatics Camps Office: 4320 Olympic Plaza

Recreation Administration Office: 2760 N. Studebaker Road

For children ages 5-12. Activities include sailing, canoeing, kayaking, arts and crafts, games and an excursion to the Aquarium of the Pacific! Camp will be held April 22-April 26 at Leeway Sailing Center from 9 a.m.-4 p.m. Cost is \$165. Extended Day Care rate is \$26 per week for morning care (7-9 a.m.) and \$26 per week for afternoon care (4-6 p.m.). Staff to camper ratio is 1:8. All staff are trained lifeguards certified in First Aid and CPR. **Registration for Spring Camp will be conducted online beginning Monday, March 4 or in person at the Aquatics Camps Office by appointment only.** For questions, call the Aquatics Camps Office at (562) 570-1888.

AQUATICS SUMMER DAY CAMPS

SUMMER REGISTRATION BEGINS: APRIL 13, 2019

Online: www.lbparks.org

Aquatics Camps Office: 4320 Olympic Plaza

Recreation Administration Office: 2760 N. Studebaker Road

Registration for the summer program will be accepted **ONLINE & IN PERSON** on a first come, first served basis beginning **April 13, 2019**. Program fees are due at the time of registration. Families wishing to register for multiple weeks are required to pay for the first week in full plus a \$30 non-refundable deposit for each additional week reserved.

Online Registration will be accepted 24 hours a day/7 days a week! Walk-in registration will be accepted at the Recreation Administration Office, Monday-Friday from 8 a.m.-5 p.m. and the Aquatics Camps Office by appointment only. Beginning June 10, Aquatics Camps Office hours will be 7-11 a.m.

PROGRAM INFORMATION

- All Aquatics Camps staff are trained lifeguards certified in First Aid, CPR and Water Safety instruction by the American Red Cross. Staff to camper ratio at Belmont Junior Beach Camp is 1:8. Staff to camper ratio at Bayshore Beach Camp and Bay Club Teen Camp is 1:10.

- Swim lessons are taught at both Belmont Junior Beach Camp and Bayshore Beach Camp. Swim lessons are not conducted on excursion days. There is no additional charge for swim lessons.

- Excursion fees vary and are not included in the registration fee. Excursion fees are paid online during registration or on a weekly basis at the Aquatics Camps Office.

BELMONT JUNIOR BEACH CAMP

Ages 5-7, must have full day preschool or kindergarten experience. Join us outside the Belmont Outdoor Pool for summer fun. Campers enjoy games, crafts, beach play, songs, American Red Cross swimming lessons and excursions. Canoeing and sailing is conducted once each week at Leeway Sailing Center.

10 one-week sessions, June 17-August 23, \$165 per week, 9 a.m.-4 p.m. Extended day care, 7-9 a.m. and 4-6 p.m. at additional cost of \$26-\$52 per week.

BAYSHORE BEACH CAMP

Ages 8-12. The camp includes sailing, canoeing, kayaking, swimming, crafts, excursions and features environmental activities. A 45-minute Marine Biology lesson is conducted twice each week.

10 one-week sessions, June 17-August 23, \$165 per week, 9 a.m.-4 p.m. Extended day care, 7-9 a.m. and 4-6 p.m. at additional cost of \$26-\$52 per week.

BAY CLUB TEEN CAMP

Ages 13-15, must have completed 7th grade. Participants will learn the basics of sailing, canoeing and kayaking in addition to beach activities and field trips.

8 one-week sessions, June 17-Aug 9, \$123 per week, noon-5 p.m.

COUNSELOR-IN-TRAINING PROGRAM

Ages 13-17, must have completed 8th grade. Participants learn team building activities, camper supervision and boating skills in addition to obtaining valuable Red Cross CPR certification. Participants must be able to attend the entire four-week program. Excursion fee to Aquarium of the Pacific and Raging Waters included in registration fee.

1 four-week session, June 24-July 19, \$320, 10 a.m.-2 p.m.

TENNIS

Billie Jean King, El Dorado and Los Cerritos Tennis Centers,
Marina Vista, Naples and Somerset Tennis Courts

Register online at lbarks.org or use the Registration Form on page 55. Make checks payable to FIRST SERVE and mail to: 1040 Park Avenue, Long Beach, CA 90804. Drop your form off at Billie Jean King or El Dorado Park Tennis Centers. Students should wear court-appropriate tennis shoes, PLEASE, NO BLACK-SOLED SHOES ALLOWED!! Each participant is required to bring two cans of new tennis balls to the first class. PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES. If minimum enrollment is not met, classes may be combined or cancelled.

Tennis courts locations: Billie Jean King Tennis Center, 10th and Park Ave., El Dorado Tennis Center, 2800 Studebaker Rd., Los Cerritos Park Tennis Center, 3750 Del Mar Ave., Marina Vista, Colorado St. and Santiago Ave., Naples Tennis Courts, Tivoli Drive between Saint Irmo Way and 2nd St. Somerset Tennis Courts, 1500 E. Carson St.

TOTS

Introduce your child to the game of tennis. Hand-eye coordination will be developed in this fun-filled class. 10 weeks, *NO CLASS 4/21.

Los Cerritos Park				Pastorini	
30800	Beg	4-5 Yrs	3/25-5/27	4:30-5 p.m.	M \$100
Somerset Park				Inouye	
30802	Beg	4-5 Yrs	3/26-5/28	7-7:30 p.m.	Tu \$100
El Dorado West				Pros	
30803	Beg	4-5 Yrs	3/29-5/31	3-3:30 p.m.	F \$100
30804	Beg	4-5 Yrs	3/23-5/25	8:30-9 a.m.	Sa \$100
Naples				Inouye	
30805	Beg	4-5 Yrs	3/23-5/25	9:30-10 a.m.	Sa \$100
30806	Beg	4-5 Yrs	3/24-6/2*	9:30-10 a.m.	Su \$100

FIRST STROKES

Intended for children just learning the game of tennis. Hand-eye coordination, stroke & movement drills will be learned in a fun-filled way. Min 4/Max 11. 10 Weeks, *NO CLASS 4/21.

El Dorado West				Pros	
30807	Beg	5-6 Yrs	3/25-5/27	3:30-4 p.m.	M \$100
30811	Beg	5-6 Yrs	3/27-5/29	3:30-4 p.m.	W \$100
30813	Beg	5-6 Yrs	3/29-5/31	3:30-4 p.m.	F \$100
Los Cerritos Park				Pastorini	
30808	Beg	5-6 Yrs	3/25-5/27	4:30-5 p.m.	M \$100
Somerset Park				Inouye	
30810	Beg	5-6 Yrs	3/26-5/28	7:30-8 p.m.	Tu \$100
Naples				Inouye	
30814	Adv	5-6 Yrs	3/23-5/25	9-9:30 a.m.	Sa \$100
30812	Beg/AdvBeg	5-6 Yrs	3/24-6/2*	9-9:30 a.m.	Su \$100

YOUTH

Students must possess the following skills before registering: (Beg)-no experience (AdvBeg)-knowledge of ground strokes, grips and ready positions; (Int)-rules of the game, consistent ground stroke and serve. Group Lessons: Min 6/Max 11. 10 Weeks, *NO CLASS 4/21.

El Dorado West				Pros	
30815	Beg	7-15 Yrs	3/25-5/27	4-5 p.m.	M \$120
30819	Beg	7-15 Yrs	3/26-5/28	4:30-5:30 p.m.	Tu \$120
30820	AdvBeg	7-15 Yrs	3/26-5/28	5:30-6:30 p.m.	Tu \$120
30821	Beg	7-15 Yrs	3/27-5/29	4-5 p.m.	W \$120
30822	AdvBeg	7-15 Yrs	3/27-5/29	5-6 p.m.	W \$120
30824	Beg	7-15 Yrs	3/28-5/30	4:30-5:30 p.m.	Th \$120
30825	AdvBeg	7-15 Yrs	3/28-5/30	5:30-6:30 p.m.	Th \$120
30827	Beg/AdvBeg	7-15 Yrs	3/29-5/31	4-5 p.m.	F \$120
30828	AdvBeg	7-15 Yrs	3/29-5/31	5-6 p.m.	F \$120

30830	Beg	7-10 Yrs	3/23-5/25*	9-10 a.m.	Sa \$120
30831	AdvBeg	11-15 Yrs	3/23-5/25*	10-11 a.m.	Sa \$120
Los Cerritos				Pastorini/Sleigh	
30816	Beg/AdvBeg	11-15 Yrs	3/25-5/27	5-6 p.m.	M \$120
30832	Beg	7-10 Yrs	3/24-6/2*	1-2 p.m.	Su \$120
30833	AdvBeg	11-15 Yrs	3/24-6/2*	2-3 p.m.	Su \$120
Somerset Park				Inouye	
30823	Adv	7-15 Yrs	3/27-5/29	7-8 p.m.	W \$120
30826	Int	7-15 Yrs	3/28-5/30	7-8 p.m.	Th \$120
30829	Beg	7-15 Yrs	3/29-5/31	7-8 p.m.	F \$120

ADULT GROUP CLASSES

Beginning (Beg) students will learn the basic strokes and grip. Advanced Beginners (AdvBeg) will continue improvement of basic strokes and strategy. Intermediate (Int) and Advanced (Adv) players will work on perfecting strategy and knowledge of the game. The first class will include a skills test to determine if you are in the correct level.

Small Group: Min 6/Max 12. 10 Weeks, *NO CLASS 4/21.

Billie Jean King				Pastorini	
30834	Int		3/26-5/28	7-8:30 p.m.	Tu \$155
Billie Jean King				Nicole Merrit	
30835	Beg/AdvBeg		3/28-5/30	6:30-7:30 p.m.	Th \$120
30836	Int		3/28-5/30	7:30-8:30 p.m.	Th \$120
SMALL GROUPS 16yrs + Min 6/Max 12. 8 weeks, *NO CLASS 4/22, 4/24, 5/4.					
El Dorado West				Unger	
30837	LowInt/Int		3/25-5/20*	6-7:30 p.m.	M \$125
30838	LowInt/Int		3/27-5/22*	6-7 p.m.	W \$96
30839	HighInt		3/27-5/22*	7-8:30 p.m.	W \$125
Scherer				Unger	
30840	Int/HilInt		3/23-5/18*	10-11:30 a.m.	Sa \$125

SMALL GROUPS 16yrs + Min 6/Max 12. 10 weeks, *NO CLASS 4/21.

El Dorado West				Pros	
30841	AdvBeg		3/25-5/27	9-10 a.m.	M \$120
30842	Int		3/25-5/27	10-11 a.m.	M \$120
30843	Beg		3/25-5/27	7-8 p.m.	M \$120
30844	AdvBeg		3/25-5/27	8-9 p.m.	M \$120
30845	AdvBeg		3/26-5/28	9-10 a.m.	Tu \$120
30846	Int		3/26-5/28	10-11 a.m.	Tu \$120
30847	AdvBeg		3/26-5/28	6:30-7:30 p.m.	Tu \$120
30848	Int		3/26-5/28	7:30-8:30 p.m.	Tu \$120
30849	Beg		3/27-5/29	9-10 a.m.	W \$120
30850	Beg/AdvBeg		3/27-5/29	10-11 a.m.	W \$120
30851	Int		3/27-5/29	11-noon	W \$120
30852	AdvBeg		3/27-5/29	7-8 p.m.	W \$120
30853	Int		3/28-5/30	9-10 a.m.	Th \$120
30854	AdvBeg		3/28-5/30	10-11 a.m.	Th \$120
30855	AdvBeg		3/28-5/30	6:30-7:30 p.m.	Th \$120
30856	Int		3/28-5/30	7:30-8:30 p.m.	Th \$120
30857	Beg		3/29-5/31	9-10 a.m.	F \$120
30858	AdvBeg		3/29-5/31	10-11 a.m.	F \$120
30859	Int		3/29-5/31	11 a.m.-noon	F \$120
30860	Beg		3/24-6/2*	9-10 a.m.	Su \$120
30861	AdvBeg		3/24-6/2*	10-11 a.m.	Su \$120
Billie Jean King				Pastorini	
30862	Beg		3/26-5/28	6-7 p.m.	Tu \$120
Marina Vista				Pastorini	
30863	AdvBeg		3/28-5/30	9-10 a.m.	Th \$120
30864	Int		3/28-5/30	10-11 a.m.	Th \$120

Naples

30866	Int	3/23-5/25	10-11 a.m.	Sa	\$120
30867	Adv	3/23-5/25	11 a.m.-noon	Sa	\$120
30868	Beg	3/23-5/25	noon-1 p.m.	Sa	\$120
30869	AdvBeg	3/23-5/25	1-2 p.m.	Sa	\$120
30870	Beg	3/24-6/2*	10-11 a.m.	Su	\$120
30871	AdvBeg	3/24-6/2*	11 a.m.-noon	Su	\$120
30872	Int	3/24-6/2*	noon-1 p.m.	Su	\$120
30873	Adv	3/24-6/2*	1-2 p.m.	Su	\$120

Somerset Park NEW

30874	AdvBeg	3/26-5/28	8:00-9 p.m.	Tu	\$120
30875	Adv	3/27-5/29	8:00-9 p.m.	W	\$120
30876	Int	3/28-5/30	8:00-9 p.m.	Th	\$120
30877	Beg	3/29-5/31	8:00-9 p.m.	F	\$120

SENIOR CLASS

Special Rate for Senior Citizens! Players of ANY AGE can take up tennis as part of an overall exercise prescription. Get involved in a sport where you can play at any age or skill level. Tennis is a great way to HAVE FUN and improve motor skills, balance and coordination, build strength, develop endurance and meet new people. This is a NEW CLASS designed for our senior population ages 60+ years of age. All levels welcome. Small Group: Min 6/Max 12, 10 Weeks.

El Dorado West

30878	Beg	3/28-5/30	11 a.m.-noon	Th	\$100
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Inouye

30879	All Levels	3/26-5/28	11-noon	Tu	\$120
30880	All Levels	3/27-5/29	6-7 p.m.	W	\$120

Inouye

30881	All Levels	3/29-5/31	5-9 p.m.	Fri	\$80
30882	All Levels	3/23-5/25	4-8 p.m.	Sat	\$80
30883	All Levels	3/24-6/2*	4-8 p.m.	Su	\$80

CARDIO TENNIS

Cardio Tennis is a high energy fitness activity that combines the best features of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. It is designed as a social and fun class for players of all ability levels. More fun than simply going to the gym! 16 yrs & up, Min 6/Max 12, 10 Weeks.

El Dorado West

30879	All Levels	3/26-5/28	11-noon	Tu	\$120
30880	All Levels	3/27-5/29	6-7 p.m.	W	\$120

TWILIGHT TENNIS NEW

Twilight Tennis is a 'FUN' drop-in social tennis class hosted by Terry "ACTION" Jackson at El Dorado Park Tennis Center-Select any weekend night and you can play singles, doubles, mixed doubles or even practice on the ball machine. INVITE ALL YOUR TENNIS FRIENDS. 16 yrs & up, Min 6/NO MAX, 8 Weeks. *NO CLASS 4/21.

El Dorado West

30881	All Levels	3/29-5/31	5-9 p.m.	Fri	\$80
30882	All Levels	3/23-5/25	4-8 p.m.	Sat	\$80
30883	All Levels	3/24-6/2*	4-8 p.m.	Su	\$80

Terry Jackson



**TRAIN HARDER
PLAY SMARTER**

SOUTHERN CALIFORNIA TENNIS ACADEMY

BEGINNERS WELCOME

El Dorado Park Tennis Center
2800 N. Studebaker Rd. LB 90815
For more information contact Mitch Bridge at
(562) 704-2241

info@sctennisacademy.com www.sctennisacademy.com

Valter Paiva
TENNIS ACADEMY

I'm In!

BILLIE JEAN KING TENNIS CENTER

1040 Park Ave. Long Beach, Ca 90804
Find us on Facebook and Instagram



For more information
contact Valter Paiva at
(562) 266-8882
info@valtertennis.com
www.valtertennis.com

SIGN UP FOR TENNIS CLASSES • SIGN UP ONLINE AT WWW.LBPARKS.ORG

Make checks payable to: **FIRST SERVE** • Mail immediately as classes fill up fast!

Send to: FIRST SERVE, 1040 PARK AVE., LONG BEACH, CA 90804 or fax your form to (562) 438-1249 or drop off at BJK or El Dorado Pro Shops. For more information, please call (562) 438-8509.

RESPONSIBLE PARTY _____

ADDRESS _____ **CITY/ZIP** _____

WORK PHONE _____ **HOME PHONE** _____

STUDENT NAME _____ **BIRTHDATE** _____

For valuable consideration, I for myself, my successors, heirs, assigns, spouse, executors, administrators & next of kin **covenant not to sue, release, waive & discharge** the City of Long Beach and First Serve, their officials, and employees ("City") from all liability, loss, damage, claims, demands, causes of action, costs & expenses including attorney's fees against City arising from my or my child(ren)'s participation in class & transportation connected with class; I **assume** all risks of personal injury & death including medical/hospital bills & damage to personal property arising from my or my child(ren)'s participation in class & transportation connected with class except if injury/death is caused by City/First Serve's gross negligence. I understand that City and First Serve provides no insurance for participants. **By signing below**, I acknowledge I've read this Release, understand that I give up certain rights and sign voluntarily.

SIGNATURE _____ **DATE** _____

CLASS# _____ **FEE** _____

CLASS NAME _____

CLASS# _____ **FEE** _____

CLASS NAME _____

METHOD OF PAYMENT (check one)

☐ Cash ☐ Check ☐ Money Order
☐ Visa ☐ Mastercard

TOTAL AMOUNT ENCLOSED: \$ _____

CREDIT CARD # _____ **EXP DATE** _____ **CCV CODE** _____

REMINDER - Refunds must be requested one working day prior to the first class. If minimum required enrollment is not met, classes may be canceled. There is a \$10 processing fee for each refund. **NO REFUNDS** will be given on or after the day the class is scheduled to begin. \$32 Service Charge on returned or canceled checks. Refunds are limited to 90 days after a class has begun and please allow 3-4 weeks for processing.



As Long Beach Airport celebrates 95 years of service in Southern California, we recognize this historic milestone and our partnership with the community that made this legacy possible. Travel well. Travel Long Beach.



REGISTRATION FORM Please print and fill out completely

It's easy to register:



On Line: Register anytime.
Visit <http://activenet.active.com/lbparks>
or follow the link at www.lbparks.org.
See "how to" videos and answers to "FAQs"

Click on the "request an account" button.

Fill in your information, then click submit
(or click submit and add family member
to register more people at the same address)



By FAX to (562) 570-3113
Confirmation will not be sent.
Retain publication for reference



By Mail: Send completed form and
payment (include address, phone number
and class #(s) on the check) to
City of Long Beach,
2760 Studebaker Road,
Long Beach, Ca 90815



In person: Bring completed form
and payment to office,
Monday-Friday 8 A.M.-5 P.M.
Office closed May 27 and July 4
For more information call
(562) 570- 3111

Main Contact

☐ Check this box if address or phone number has changed.

Print Name: _____ Address: _____

City _____ Zip _____ Main Phone (____) _____ Work Phone (____) _____

Birth Date: _____ E-mail Address _____

For valuable consideration, I for myself, my successors, heirs, assigns, executors, spouse, administrators & next of kin **covenant not to sue, release, waive & discharge** the City of Long Beach, the Parks and Recreation Commission, their officials and employees ("City") from all liability, loss, damage, claims, demands, causes of action, costs & expenses including attorney's fees against City arising from my or my child(ren)'s participation in class & transportation connected with class; I **assume** all **risks** of personal injury & death including medical/hospital bills & damage to personal property arising from my or my child(ren)'s participation in class & transportation connected with class except if injury/death is caused by City's gross negligence. I understand that City provides no insurance for participants. **By signing below**, I acknowledge that I've read this Release, understand that I give up certain rights and sign voluntarily.

Signature _____ Date _____

Please list separately additional family members living with the Main Contact.

Last Name	First Name	Birthdate	Male / Female (circle one)
1			M / F
2			M / F
3			M / F
4			M / F

Class #	Student Name	Class Name	Day(s)	Start Date	Time	Fee
Refunds must be requested one working day prior to the first class. There is a \$10 processing fee for each refund. NO REFUNDS will be given on or after the day the class is scheduled to begin. Full refunds/credits will be given for classes canceled by the City. Please allow 3-4 weeks for refunds.						Total \$

METHOD OF PAYMENT

☐ Cash ☐ Master Card ☐ Visa ☐ AmEx ☐ Discover ☐ Money Order ☐ Check (payable to **City of Long Beach** include class #, complete address & phone #.)

Credit Card #: Exp. Date _____

\$30 service charge on returned or canceled checks. Please DO NOT MAIL or DEPOSIT CASH in DROP BOX.

CCV. Code _____

You will be informed if a class is full. Please retain class schedule for reference.

If you would like a confirmation notice, enclose a self-addressed, stamped envelope.

REGISTRATION/RESERVATIONS OFFICE • 2760 Studebaker Road • (562) 570-3111 • Open Monday-Friday, 8AM-5PM

Long Beach Parks, Recreation and Marine
2760 Studebaker Road
Long Beach, CA 90815



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On the Waterfront

Improved facilities and parking for our beaches, new pedestrian paths and bike lanes, new docks at our marinas, increased security – a few of the ways Port of Long Beach revenue helps improve our coastline.



Port of
LONG BEACH
The Green Port

www.POLB.com